FLYERS FAMILY COOKBOOK

COOKIN' ON ICE

1983-84 PHILADELPHIA FLYERS

Front Row (left to right): Bob Froese, Rick MacLeish, Bill Barber, Keith Allen, Jay Snider, Ed Snider, Joe Scott, Bob McCammon, Gary Darling, Bob Clarke, Paul Holmgren, Pelle Lindbergh.

Second Row: John Brogan, Brad Marsh, Glen Cochrane, Thomas Eriksson, Frank Bathe, Brad McCrimmon, Brian Propp, Mark Howe, Ilkka Sinisalo, Darryl Sittler, Lindsay Carson, Doug Crossman, Tim Kerr, Joe Kadlec.

Third Row: Ted Sator, Bernie Parent, Pat Croce, Miroslav Dvorak, Dave Poulin, Randy Holt, Ron Sutter, Michel Larocque, Rich Sutter, Ray Allison, Kevin Cady, Kurt Mundt, Dave Settlemyre.

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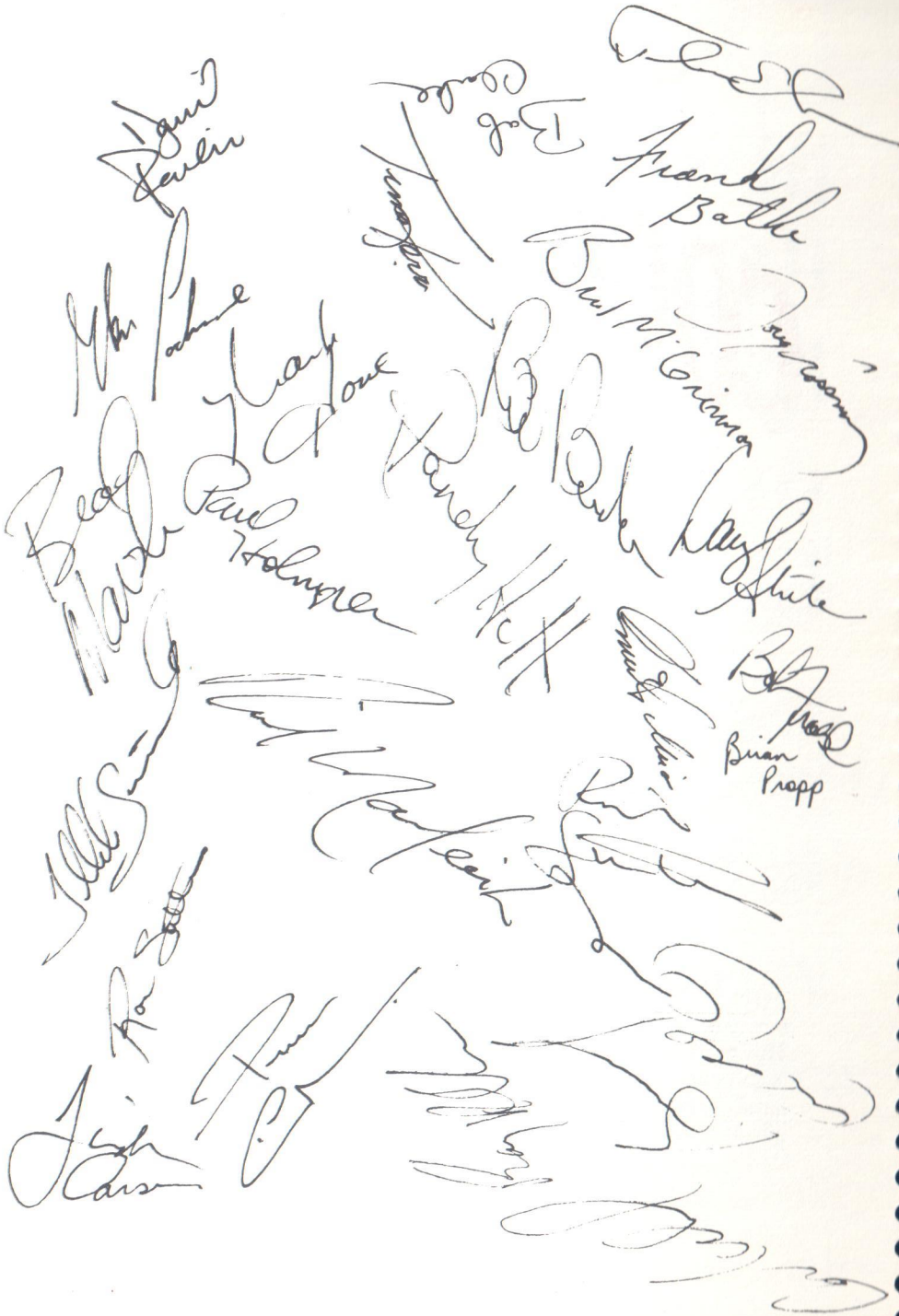
COOKIN' ON ICE

FLYERS FAMILY COOKBOOK

The wives of the Philadelphia Flyers would like to dedicate this family cookbook to the Hospice Program of Pennsylvania Hospital. This program provides continuous service and support, at no cost, to in-patient and in-home care for terminally ill patients and their families. By purchasing this cookbook, you have helped us in our efforts to contribute to this most deserving endeavor.

Karen McCrimmon



Recipe for Stanley Cups

A cup of Clarke, MacLeish, and Barber,
Simmer with a little Brian Propp,
Dice up Sittler and Allison,
And we have a combination no one can stop.

Knead in Dave Poulin,
Blend in Michel, Pelle, and Froese,
Add two shakes of Brad McCrimmon,
And we'll strike terror in our foes.

Thoroughly cream in Paul Holmgren,
Beat Tim Kerr to a crunch,
With these ingredients mixed together,
Our cups will really pack a punch.

Now throw in the mixer,
Some Carson, Cochrane, and Holt,
Be sure to use plenty,
So our cups really pack a jolt.

Mix a dash of Sinisalo and Crossman,
½ teaspoon of Dvorak and Howe,
Stir in a little twin Sutters,
Your batter is ready by now.

Decorate your cups individually,
With Eriksson and Bathe,
Garnish with Brad Marsh,
And in our cups we'll sure have faith.

When your mixture is the right consistency,
Add the coach, pour in a tin,
Bake for three twenty minute periods,
Take them out when the scoreboard says "WIN".

Don't forget Ted, Gary, and Bernie,
Top each cup with Keith, Ed, Joe, and Jay,
When we add Sudsy, Kurt, and Kevin,
The Stanley Cup will come home to stay!

Marie McCammon

The Howes'

Mark and Ginger met in Houston, Texas, while Mark was playing for the WHA team, the Houston Aeros. They have two children, a son Travis who is five, and a daughter Azia, who is two.

The Howes spend part of the off-season visiting relatives in Michigan and Florida, where they enjoy all water sports. Mark is also an avid golfer and enjoys fishing with his father, brother Marty, and son Travis.

Mama Bass' Homemade Mayonnaise

1 pint Wesson oil
1 egg
½ tsp. salt
1 tsp. worcestershire sauce
¼ tsp. garlic juice
1 tsp. mustard
juice of 1 lemon
pinch paprika

Blend all the ingredients except oil and lemon juice. Add the oil *gradually* with mixer going, until thick (you must add oil slowly or it will separate). Add the lemon juice and mix. Refrigerate. Delicious on cracker.

Heavenly Chocolate Pie

14 chocolate wafers
1 stick butter
1 cup powdered sugar
1 egg
few drops of almond flavoring
½ pint whipping cream
½ tbsp. sugar
1 tsp. vanilla
1 cup chopped pecans

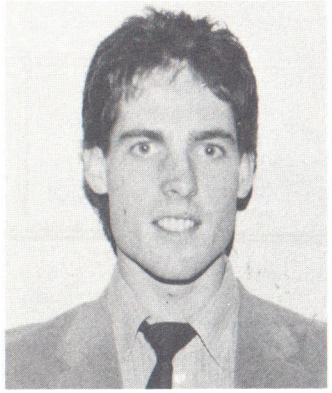
Crush wafers and line pie pan with these. Cream the butter and sugar together, add 1 egg and cream again. Add almond flavoring. Spread on crumbs. Then, whip the cream with sugar, add vanilla and pecans. Spread on top of first mixture. Cover with 14 more chocolate wafers. Refrigerate for 24 hours before serving.

Poppy Wonder Cake

½ lb. butter
⅔ cup sugar
1 tbsp. vanilla
1 pkg. Duncan Hines Deluxe Yellow Cake Mix
4 eggs
8 oz. sour cream
¼ cup poppy seeds

Cream the butter and sugar together. Add vanilla. In separate bowl, beat eggs until they triple in volume. Gradually add cake mix and eggs to butter mixture. Beat for 2 minutes at medium speed. Fold in sour cream and beat 2 minutes more. Fold in poppy seeds. Pour into well-greased Bundt pan and bake 50-55 minutes at 350 degrees. Sprinkle with powdered sugar just before serving, after cake has completely cooled.

Crossman



Doug is from London, Ontario, is twenty-three years old and single. He comes from a family of three boys.

Doug played three years of Jr. A Hockey for the Ottawa 67's before playing the past two seasons in Chicago. He is adjusting well to being in Philadelphia and is happy to be a part of the Flyers Organization.

Doug relaxes in the summer, and keeps in shape by being involved in various sports. He loves the water and charity fund raisers such as golf tournaments are always summer-time favorites.

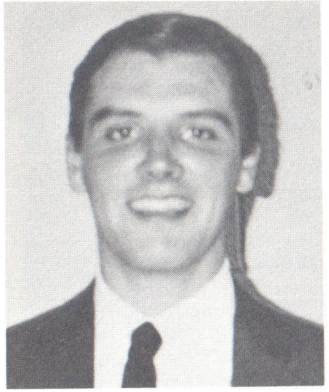
Doug loves to snack on chocolate chip cookies.

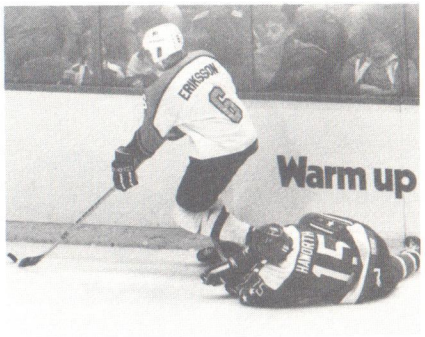
Chocolate Chip Oatmeal Cookies

¾ cup margarine
1 cup brown sugar
½ cup white sugar
1 egg
½ cup water
1 cup flour
½ tsp. soda
1 tsp. vanilla
1 tsp. salt
3 cups oatmeal
6 oz. chocolate chips

Mix the above ingredients in that order, then add chocolate chips. Drop on a greased cookie sheet and bake at 350 degrees for about 10 minutes.

Eriksson





Thomas was born October 16, 1959 in Stockholm, Sweden, where he lives in the off-season. After twelve years of school, like all Swedish boys, Thomas was drafted and served fifteen months in the army.

Thomas has played with the Swedish National Team since 1979, and after playing the Olympics in Lake Placid, he signed on with the Philadelphia Flyers. After being back in Sweden for 2 years, he is glad to be back in the States and a part of the team.

He enjoys tennis, golf and music when not playing hockey.

Thomas' Swedish Pancakes

1¼ cup all purpose flour
3 eggs
2½ cup milk
pinch salt

Stir all the ingredients together in a large bowl. Spoon about ¼ cup at a time and fry in a large pan, brown both sides. The pancakes should be very thin.

Serve with jam or fruit and maybe some vanilla ice cream.

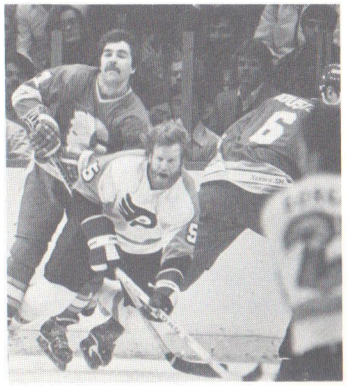
The Bathes'

Frank and Barbara met in Maine when Frank was playing for the Maine Mariners. Barbara was student teaching at the time.

Frank is originally from Oshawa, Ontario, Canada. Both Barb and Frank love Maine and make their off-season home there. During the off-season, Frank enjoys boating, golfing, racquetball and also takes some courses. Barbara is pursuing her M.B.A. one class at a time, but takes some time out for some rest and relaxation.

The Bathes have two sons: nine year old Lincoln who is very athletic and plays hockey, baseball, and soccer, and Landon who is only a year and a half.

The Bathes enjoy the Philadelphia area and plan to settle either here or in Maine when Frank finishes his hockey career.



Frank's Pre-Game Yogurt Pancakes

1 cup unbleached flour
¾ cup whole wheat flour
¼ cup corn meal
¼ tsp. nutmeg
1 tsp. baking powder
1 tsp baking soda
½ tsp. salt
1 cup yogurt (plain)
1-1¼ cup milk
1 tbsp. molasses or honey
¼ cup oil or melted butter
2 eggs slightly beaten

Mix together flours, baking power, baking soda, corn meal, nutmeg, and salt. Set aside. Combine slightly beaten eggs with yogurt and milk. Stir in butter and molasses. Pour liquids into solids, mixing just until moistened. Pour ¼ cup of batter on hot greased pan. Makes about 16.

These are hearty and very filling. The batter will keep in the refrigerator for a few days. The guys often eat lots of carbohydrates before a game and these pancakes hit the spot.

Chicken With Wine Mushroom Sauce Over Rice

3 whole chicken breasts
2 cups cooked rice
2 sticks of butter (½ lb.), only real butter for best flavor
1 tbsp. onions (minced)
¼ cup sherry wine
1 cup heavy cream
12 oz. button mushrooms

Melt 1 stick of butter in skillet at 350 degrees, medium heat. Remove skin from breasts and sprinkle salt and pepper on each side. Place in hot skillet and cook on each side 12 minutes or until cooked through. Remove meat from bones and set aside. Keep it warm.

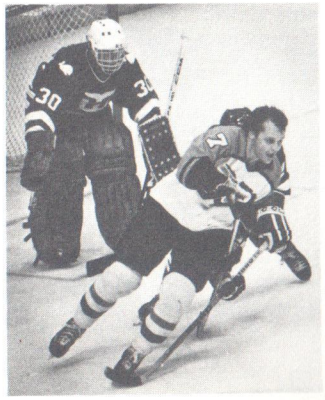
Turn same skillet up to high (400 degrees) and add another stick of butter, onions, and mushrooms. Sauté for 10 minutes (butter will darken). Turn heat to low (250 degrees) and add cream and sherry. Simmer, stirring occasionally until it thickens slightly. Put rice on a platter. Place chicken on top of the rice and pour the sauce over it all. This is a great company dish and easy to prepare.

The Barbers'

Bill and Jenny are starting their twelfth season with the Flyers. They have two children; a daughter Kerri, who is nine, and a son Brooks who is six. Both children are actively involved in organized sports during the winter, so the Barbers are busy not only at the Spectrum!

During the off-season they enjoy visiting and entertaining friends and relatives at their New Jersey home or on their boat at the Jersey shore.

Bill, Jenny and the children love the Philadelphia area and plan to make it their permanent residence.



Guacamole Dip

2 very ripe avocados
1 tsp. salt
½ tsp. ascorbic acid
1 tbsp. lemon juice
1 or 2 chopped chili peppers
dash of garlic powder
1 small chopped onion
1 small chopped tomato

Mash peeled and pitted avocados. Add all other ingredients except tomato. Add tomato when ready to serve. Top with a "dollop" of sour cream. Serve with Doritos.

Spinach Salad

1 pkg. washed spinach
2-3 hard boiled eggs, chopped
8-10 slices crisp bacon, crumbled
½ cup sliced red onion
1 can sliced water chestnuts, drained
4-5 large mushrooms, sliced

Toss the above ingredients.

Dressing:
1 cup Crisco oil
¾ cup sugar
⅓ cup catsup
¼ cup vinegar
1 tsp. worcestershire sauce
1 small onion, grated
garlic salt, to taste

Mix together and refrigerate.

Chocolate Fondue

½ cup butter
2 cups sugar
1¼ cup cocoa
large can carnation milk

Melt butter over low-medium heat. Mix other ingredients with butter, mixing well. Serve warm with chunks of angel food cake and fresh fruit, i.e., strawberries, bananas, pineapple, etc.

The Marshs'

Brad and Caroline met in Atlanta when Bradley was playing hockey with the Atlanta Flames. They married in June of 1980, the summer the Flames franchise was sold to Calgary, Alberta. After playing hockey as captain of the Calgary Flames for 1½ years, the Flyers traded Mel Bridgeman to bring Brad to Philadelphia.

Caroline and Brad now own a one hundred sixty year old home in New Jersey that they renovated and restored. They have three cats, two large dogs and horses on the way. Caroline works for an interior design firm in downtown Philadelphia and takes some night courses in school. Brad and Caroline both enjoy horseback riding and antiquing and hope to make this area their permanent residence.

Avocado and Bacon Dip

2 ripe avocados
½ cup mayonnaise (I like Miracle Whip)
¼ cup sliced green onions
4 tsp. lemon juice
¾ tsp. salt
¼ tsp. pepper
8 strips bacon, cooked and crumbled

Place avocados, peeled and cut in chunks, in container of blender. Add mayonnaise and green onions, cover and whirl to fairly lumpy puree. Add lemon juice, salt, pepper, and whirl again until smooth. Cover and refrigerate until serving time. Just before serving, stir all but 2 tbsp. of bacon into dip. Sprinkle with reserved bacon.

Also for a dip, try a small jar of hot pepper jelly over an 8 oz. block of cream cheese. Delicious!

Southern Fried Chicken

3 whole chicken breasts (halved) *or*
1 broiler chicken cut up
2 cups all purpose flour
4 tsp. baking soda
1 tsp. salt
½ tsp. poultry seasoning
1 tsp. black pepper
1 quart vegetable oil

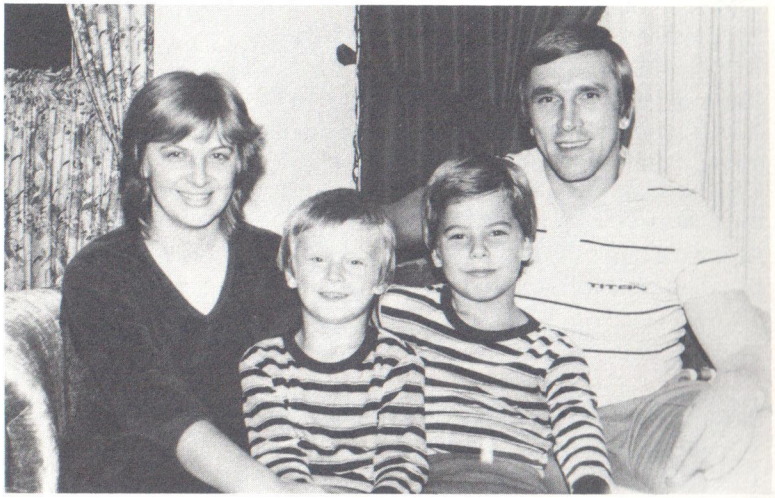
Mix flour, soda, salt, poultry seasoning, and pepper; then dump into a brown paper sack. Pour buttermilk into a bowl just big enough to accommodate largest piece of chicken. Dip each piece of chicken into buttermilk, then shake in bag with flour mixture. Place about two inches of oil in deep fat fryer or heavy saucepan and heat to 350 degrees. Fry only as many pieces of chicken at a time as pan or fryer will accommodate. Drain chicken on brown paper or paper towels. Chill, covered overnight and cold fried chicken is ready for transport.

Chicken Divan (A La Caroline Marsh)

1 pkg. frozen broccoli, cooked
2-3 large chicken breasts, cooked
½-1 cup shredded sharp cheese
1-1½ can cream of chicken soup
½-1 cup mayonnaise (Miracle Whip is best)
1½ tsp. lemon juice
shake of curry powder
bread crumbs

Place cooked broccoli in shallow baking dish. Top with sliced chicken. Sprinkle with cheese. Combine chicken soup, mayonnaise, lemon juice and curry powder and pour mixture over the chicken. Sprinkle bread crumbs on top along with additional shredded cheese, if desired. Bake in a 350 degree oven for 30 minutes or until heated through. Great for husbands and children that don't like vegetables.

The Dvoraks'



Miroslav and Alena met in high school in Céskè Bûdejovicè, Czechoslovakia. They have two boys Miro, 8 years old, and Ales, 5 years old. The boys enjoy street hockey and coming to the home games to watch their father play.

Alena enjoys cooking and going to the market. She keeps busy with the family and everything they do includes the children, as they do not have babysitters in Czechoslovakia.

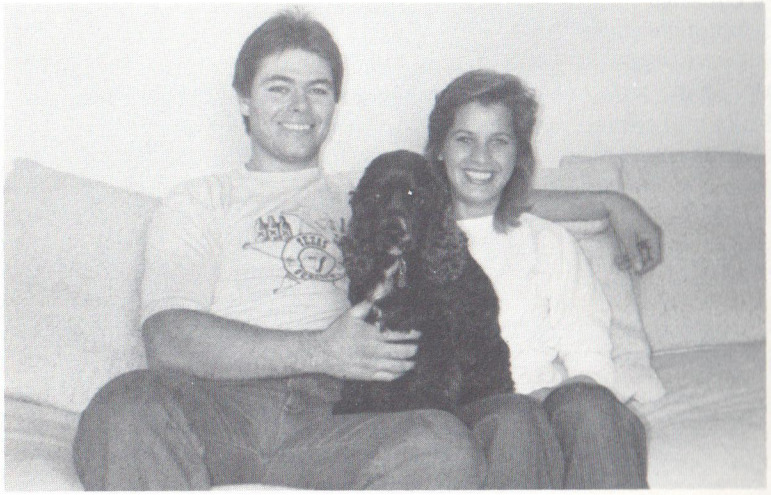
The Dvoraks have a home in the city of Céskè Bûdejovicè, and a weekend getaway home 30 minutes from the city, where they enjoy relaxing and fishing.

Czechoslovakian "Big Mac"

3 lbs. ground pork
6 oz. Mozzarella cheese sliced
½ cup milk
1 onion chopped
salt and pepper to taste

Mix all the above ingredients together and refrigerate overnight. Make into patties, then dip each one into first flour, then beaten eggs, then crushed crackers. Deep fry in large pan. It is served with potatoes, not on buns.

The McCrimmons'



Brad and Karen met while in high school in Brandon, Manitoba, Canada. He had one year left of Junior Hockey, then was drafted into the NHL.

They have a summer home on a lake in Canada, where they return to every summer, to enjoy waterskiing, fishing and golf. Brad enjoys going to his parents' farm to help out during busy times. When he has spare time during the season Brad likes to keep busy refinishing antiques.

Karen is beginning to pursue a career in commercial real estate, and enjoys doing various crafts.

Brad and Karen have no family as of yet, but their black Cocker Spaniel, Sabrina, takes all the attention she can get.

Beef Stroganoff

1-1½ lbs. round or sirloin steak
1 medium onion, chopped
1 can cream of mushroom soup, undiluted
½ lb. fresh mushrooms or 1 can of drained mushrooms, sliced
4 tbsp. sour cream
1 tbsp. oil

Cut steak into 2″ strips, trim any fat. Brown meat in oil. Add onion and sauté till tender. Stir in mushroom soup and mushrooms, cover and cook over low heat for 30 minutes. (If a more diluted sauce is desired, add 1 cup of beef bouillon liquid.) Stir occasionally then add sour cream just before serving. Serve with hot buttered broad egg noodles or rice.

Crab Pate

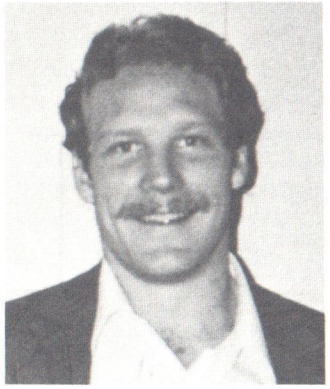
1–10¾ oz. can cream of mushroom soup, undiluted
1 envelope unflavored gelatin
3 tbsps. cold water
¾ cup mayonnaise
1–8 oz. cream cheese
1–6½ oz. can crabmeat, rinsed and drained
1 small onion, chopped fine
½ cup celery, finely chopped
parsley for decoration

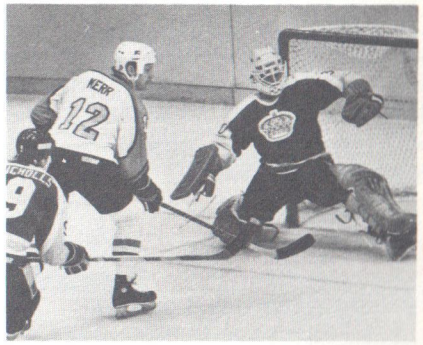
Heat soup in medium saucepan over low heat, then remove from heat. Dissolve gelatin in water and add to soup and stir well, add next 5 ingredients and mix well. Spoon into well oiled 4 cup mold. Chill until firm, unmold and garnish.

Cream of Cauliflower and Mushroom Soup

Separate one large head of cauliflower into buds and cook in boiling salted water until tender. Drain reserving 2 cups cooking liquid. Melt ¼ cup butter, add 3 tbsp. flour, cook and stir. Add 4 cups chicken broth and reserved cooking liquid. Cook and stir until bubbles. Add cauliflower and simmer 30 minutes. Pureé cauliflower and return to pot. Sauté ½ lb. sliced mushrooms in butter and ½ cup minced scallions. Add to soup. Beat 2 egg yolks with 1 cup heavy cream, blend with a little hot soup, then stir into soup. Heat through, season. Garnish with strips of ham or thin slices of raw mushrooms, and chopped parsley. Sprinkle with paprika and serve with hot popovers.

Kerr





Tim comes from the small town of Tecumseh, near Windsor, Ontario, where he still visits in the off-season.

His summer away from the Spectrum is spent running his car dealership in Gloucester, New Jersey. Tim keeps fit by running year round, and enjoys travelling as much as he can in his motor home, back and forth from Canada.

Tim plans to eventually settle down with his dealership and get married.

Some of his favorite foods are spareribs, chicken, and salads.

Caesar Salad Dressing

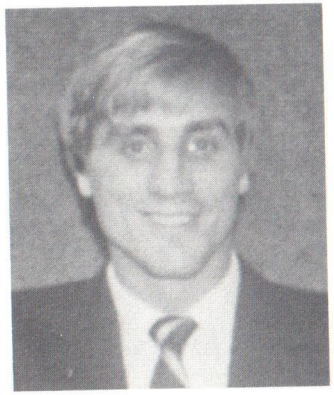
1 tsp. salt
½ tsp. pepper
¼ tsp. garlic powder
1 tsp. Worcestershire sauce
¼ cup salad oil
1 egg
½ cup salad oil
¼ cup lemon juice
¼ cup grated Parmesan cheese
anchovies

Put first five ingredients in blender. Coddle egg 1 minute, put in blender and turn motor on. Immediately remove cover and add ½ cup of oil. Turn off and add lemon juice and cheese. Give blender one more flick. Refrigerate. Add anchovies to salad when you make it, will taste too strong if added to dressing.

Should be done ahead to blend flavors. Do not double recipe, make twice if necessary.

Preparation—5 min. Yields—1½-2 cups.

Holmgren



Born and raised in St. Paul, Minnesota, Paul played hockey at the University of Minnesota, and in the World Hockey Association, before joining the Flyers in 1976.

Paul spends most of his off-season in the Philadelphia area, managing the Flyers softball team. He is a fishing fanatic, plays handball and enjoys participating in most summer sports.

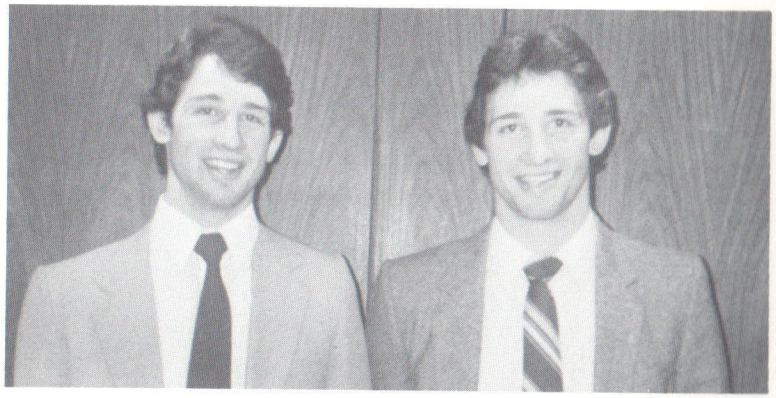
Pepperoni Pizza

1 loaf Rich's frozen dough
Ragu spaghetti or pizza sauce
Mozzarella cheese
Provolone cheese
Pepperoni

Thaw frozen dough overnight and spread over greased cookie sheet or pizza pan.

Pour sauce over crust and add any spices you desire (oregano, sweet basil, etc.). Smother with sliced cheeses and pepperoni. Bake in 350° oven for 25 minutes or until crust is light brown. Truly a pizzeria taste!

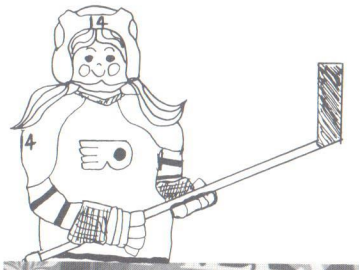
The Sutters'

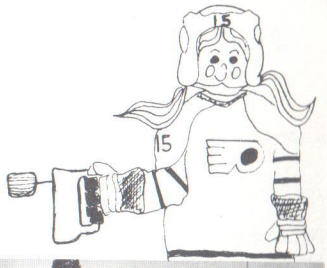


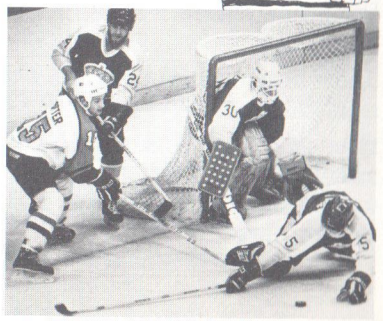
Rich and Ron were born on December 2, 1963. Rich is 20 minutes older, and raised in Viking Alberta, Canada.

They both have played three years for the Lethbridge Broncos of the Western Hockey League. Rich came to the Flyers from Pittsburgh in a trade on October 23, 1983. Ron was acquired in June of 1982 through the junior entry draft. The twins are two of six brothers playing in the N.H.L.

Summers are spent helping on the family farm in Lethbridge, and staying in shape. Both enjoy going fishing and playing golf and fastball.







Meatloaf

1 lb. lean ground beef
¼ cup crushed bread crumbs
⅓ cup milk
¼ cup chopped onion
1 tsp. salt
dash pepper
2 potatoes, peeled (optional)

Combine all ingredients, except potatoes, in mixing bowl. Mix together lightly, and shape meat mixture into a loaf. Place in baking pan. Arrange potatoes in pan with meatloaf, if desired. Bake in 350° oven for 45 minutes to 1 hour. Makes two servings. Top the meatloaf off by adding your favorite soup or barbecue sauce to it.

Pork Chops and Rice

1 cup uncooked rice
1 can of tomato soup
1½ cans of boiling milk or water
4-6 pork chops

Fry pork chops in frying pan. Cook rice and mix soup and milk or water together. When everything is ready, put pork chops in casserole dish, add rice and soup. Serves 2-3 people.

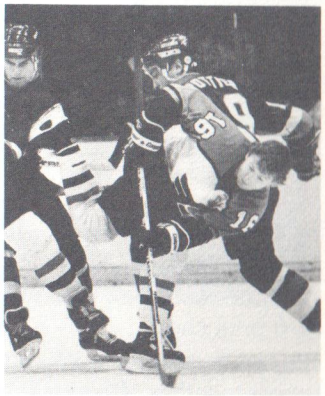
Almond Blackbottom Cheesecake

1½ cups chocolate wafer crumbs
1 cup blanched almonds, roasted and chopped
1⅓ cups & 1 tbsp. sugar
6 tbsp. butter at room temperature
1½ lbs. softened cream cheese
4 eggs
⅓ cup heavy cream
¼ cup Amaretto
2 tsp. vanilla
2 cups sour cream
blanched almonds, slivered and toasted

Preheat oven to 375°. Combine chocolate wafer crumbs, chopped almonds, ⅓ cup sugar and softened butter. Pat mixture into bottom and sides of buttered 9½" or 10" spring form pan.

Cream together softened cream cheese and 1 cup sugar. Beat in eggs one at a time, mixing well. Add heavy cream, Amaretto, and 1 tsp. vanilla. Beat well until light. Pour into shell. Bake 30 minutes. Cool on rack 5 minutes. (Not firm yet). Combine sour cream, remaining vanilla and 1 tbsp. sugar. Spread evenly on cake and bake 5 minutes. Cool completely on rack in pan. Cover lightly and chill 5 hours. Remove sides of pan, transfer to plate, and press slivered almonds on top and sides.

The Clarkes'



Bob and Sandy were both raised in Flin Flon, Manitoba, where he played Junior Hockey, and where his parents still live. They were married after Bobby's first year with the Flyers, fifteen seasons ago, and have both loved living in this area. They spend a short time each summer visiting family in Canada.

Bob trains most mornings during the summer and spends his afternoons either golfing, working in the yard or at his day camp in Medford. Sandy is also trying to get back into shape and golf, but spends most of her time organizing the children and the house. They have spent the last couple of vacations sailing and have decided that's the thing to do.

The Clarkes have four children from ages twelve to three years. The older three enjoy going to Moorestown Friends School.

Wade, twelve, enjoys sports and plays on the school soccer team in the fall, the Gladiators Pee Wee hockey team in the winter and Moorestown travel baseball team in the spring. He is learning to golf and help his Dad in the yard.

Jody, nine, is also athletic and is on the Will-Moor Gymnastics team where she spends most of her evenings. She is also learning to swim competitively and spends her summer at the day camp.

Jakki, six, also takes gymnastics, swimming, and piano lessons. She is happiest when she is busy and is very creative and loves to write short stories and draw pictures. She also spends the summer at the day camp.

Lucas, three, is the last in the list of Clarke children and he doesn't do much of anything yet. He is just a happy, handsome boy who loves his Mom and Dad, his tools, and his vacuum.

The latest addition is a 2 month old black Shar-Pei, called "Gump".

Broccoli Casserole

2–10 oz. pkg. of frozen chopped broccoli
1 can cream of mushroom soup
1 cup mayonnaise
1 egg
1 cup cheddar cheese

Place broccoli in a casserole dish and thaw. Combine the last four ingredients and pour over thawed broccoli. Top with a little cheddar cheese or bread crumbs. Bake at 350 degrees for 40 minutes.

Corn Casserole

1–16 oz. can cream corn
⅓ cup flour
1–3 oz. pkg. of cream cheese (cubed)
½ tsp. of salt
¼ cup onion (chopped)
1–16 oz. can kernel corn
½ cup shredded swiss cheese

Combine first 5 ingredients and heat until the cheese melts. Add last two ingredients and stir. Pour into casserole and top with cracker crumbs. Bake at 400 degrees for 30 minutes.

Naniamo Bars (no cooking)

First Layer:

½ cup butter
5 tbsp. sugar
5 tbsp. cocoa
1 tsp. vanilla
1 egg
2 cups wafer crumbs
1 cup coconut
½ cup chopped walnuts

Place first five ingredients together in a bowl. Set in a bowl of hot water until butter melts. Mix like custard. Mix together the next three ingredients and add to cocoa mixture above. Pack in an ungreased 9 x 9″ pan.

Second Layer:

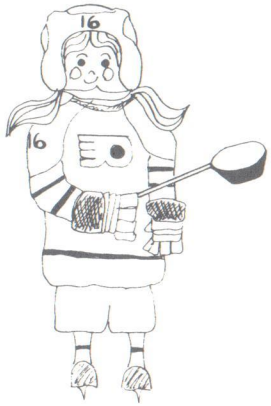
4 tbsp. butter
3 tbsp. milk
2 tbsp. instant vanilla pudding powder
2 cups sifted icing sugar

Cream butter and add the remaining ingredients. Spread over chocolate base (add a little milk if it doesn't spread easily).

Third Layer:

4 squares of semi-sweet chocolate
1 tbsp. butter

Melt in double boiler and spread on top. Cool the cake.



The Carsons'

Lindsay and Kathy are both natives of Saskatchewan, Canada. They've been married for one year and reside in Voorhees, New Jersey during the hockey season. For the summer months they return to Canada.

The Carsons enjoy fishing, camping and biking. Movies and popcorn are another favorite pastime.

Farming and golfing have recently become summer activities for Lindsay. Kathy enjoys sewing and needlecrafts as indoor hobbies.

They both feel they've been kindly accepted in this community and are very happy in their new home.

Broiled Red Snapper

(total cooking time, 10 minutes)

1 tbsp. soy sauce
1 tsp. salt
1 tbsp. lime juice
dash pepper
2 lbs. Red Snapper Fillets
⅓ cup frozen orange juice concentrate
¼ cup melted butter or margarine

Blend the melted butter, soy sauce, lime juice, orange juice concentrate, salt and pepper. Place fish, skin side up, on a well greased broiler pan and brush with sauce. Broil 3″ from heat for 4-5 minutes. Turn carefully and brush with sauce. Broil 4-5 minutes longer, until fish flakes easily when tested with a fork. Serves 6.

Baked Lasagna

1 lb. lean ground beef
1 clove garlic, minced
6 medium size fresh mushrooms, sliced
2–16 oz. jars of Prego Spaghetti Sauce
1–6 oz. can tomato paste
1–16 oz. package of lasagna noodles
2 eggs slightly beaten
2 cups Ricotta cheese or cottage cheese
½ cup grated parmesan cheese
3 tbsp. parsley, chopped fine or 2 tbsp. parsley flakes
Dash freshly ground black pepper
1½ lb. mozzarella cheese, thinly sliced

Brown meat in a large skillet. Add garlic, fresh mushrooms, and simmer 3-5 minutes. Stir in spaghetti sauce and tomato paste. Cook, stirring occasionally 10-15 minutes.

Boil lasagna noodles as directed, drain and rinse with cold water. Drain again.

Combine eggs, Ricotta cheese or cottage cheese, Parmesan cheese, parsley and pepper. Blend well until mixture becomes, in appearance, a thick cream. In a greased 13 x 9 x 2″ pan, arrange a layer of lasagna, spread with a layer of cheese mixture, a layer of meat sauce and a layer of sliced mozzarella. Repeat until all ingredients are used. Save enough sauce to pour over top. Finish with a layer of mozzarella cheese. Bake in 350 degrees for 30 minutes or until bubbly. Let stand 10 minutes before serving. Serves 9.

The Allisons'

Ray was born and raised in Cranbrook, British Columbia, Canada, where he started his hockey at age five. He left Cranbrook at age fourteen to pursue his hockey career playing for the Brandon Wheat Kings Junior Hockey Club in Brandon, Manitoba, Canada.

He met and married his wife Georgina there, and now they have a daughter Amber Lynn, who is two years old.

Ray enjoys soccer and golf in the off season and also likes doing carpentry work. Georgina enjoys sewing and other crafts, along with taking care of little Amber.

The Allisons spend the summer in their home in New Jersey.

Kidney Bean Casserole

- ⅛ lb. butter or half a stick
- one tart apple chopped
- 1 medium green pepper chopped
- 1 medium onion chopped
- 1 tbsp. curry powder
- 1 cup brown sugar
- 1 tbsp. vinegar
- dash of salt and pepper
- 1–28 oz. can of whole tomatoes drained well and cut up
- 2–15 oz. cans kidney beans drained well and washed
- parmesan cheese

Melt butter in a large frying pan. Saute apples, onion, green pepper and curry powder until tender. Add brown sugar and mix well. Add tomatoes, kidney beans, vinegar, salt and pepper, mix well. Place the mixture in casserole dish and bake at 350 degrees for 30 minutes. Sprinkle with parmesan cheese before serving.

Roul-A-Deu (German Beef Dish)

- 2 large steaks, fairly thin
- 1 cup finely chopped onion
- 1 cup finely chopped pickle (dill)
- 1 cup finely chopped bacon
- mustard
- salt and pepper

Pound steak out thin, cut in 4″ strips crosswise. Sprinkle each strip with salt and pepper then spread each with mustard. Sprinkle chopped onion, pickle and bacon on each strip. Roll up and secure with toothpicks. Roll each one in flour and brown in hot oil in frying pan. Remove meat from frying pan and place in casserole dish and set aside. Make a gravy from pan drippings by adding flour, water, mustard and salt and pepper to taste. Pour over meat in casserole dish and bake one hour at 350 degrees.

Neapolitan Slice

Base:

- 1¾ cups graham wafer crumbs
- ½ cup melted butter
- ½ cup brown sugar
- 1 tsp. flour

Press into an 8 x 8″ pan and bake at 275 degrees for 15 minutes.

Center:

- 2 cups fine coconut
- 1 tin Eagle Brand milk

Mix and spread on above baked mixture then bake at 350 degrees for 20 minutes.

Icing:

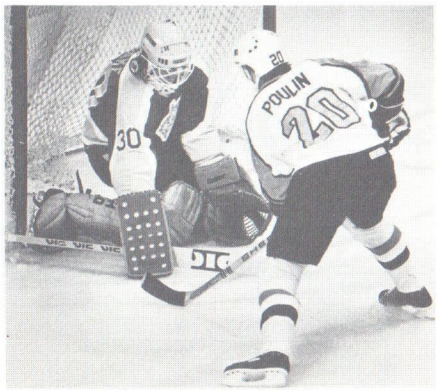
- ½ cup of butter, beaten with ¾ cup of powdered icing sugar
- 2 tbsp. boiling water
- 1 tsp. vanilla

Add boiling water and vanilla to beaten butter and icing sugar. Mix. Spread icing on top of the above layers. Cut into bars.

The Poulins'

Kim and Dave met while attending college in the mid-west. They were married in August of 1982 and three days later left for a six month stay in Sweden where Dave played hockey with a Division I team. Upon their return to the U.S. they joined the Flyers organization and have made the Philadelphia area their year 'round home.

During the off-season, they both enjoy playing tennis, attending various antique auctions in the area and travel to their respective home towns of Chicago and Toronto.



Chicken Noodle Soup

2½ pound broiler-fryer chicken, cut up
1 qt. water
4 medium carrots, cut into ½" slices
4 medium stalks celery, cut into ½" slices
1 tbsp. salt
1 tsp. sugar
¼ tsp. pepper
3 chicken bouillon cubes
2 cups uncooked thin egg noodles

Heat all ingredients, except noodles, to boiling in 4 qt. Dutch oven; reduce heat. Cover and simmer until chicken is done, about 45 minutes. Skim fat if necessary. Cook noodles according to package. Remove chicken from broth; cool slightly. Cut chicken into 1 inch pieces. Add chicken and noodles to broth, heat until hot, about 5 minutes. Makes 8 servings (about 1 cup each).

Barbecued Pork Chops

5 pork chops, 1" thick (rib or butterfly)
3 or 4 large onions (sliced ½" thick)
½ lemon—juice only
1 tsp. salt
open pit barbecue sauce

Trim fat from chops. Put slices of onions on bottom of shallow baking dish. Arrange chops on top of onions. Squeeze lemon over meat. Salt lightly. Bake uncovered at 425 degrees for ½ hour or until edges of meat slightly brown. Top each chop with 1 tbsp. barbecue sauce and cover dish with foil. Reduce heat to 300 degrees and bake for one hour.

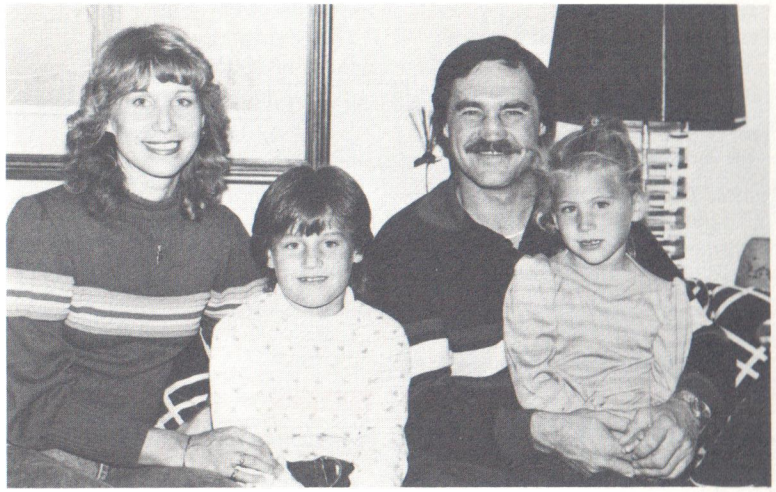
Beef Teriyaki

1½ lbs. beef boneless top loin or sirloin steak
¼ cup soy sauce
¼ cup vegetable oil
2 tbsp. dry white wine
1 tsp. sugar
½ tsp. ground ginger
1 clove garlic, crushed
1 tbsp. cornstarch

Trim fat and bone from steak. Cut beef across grain into ⅛" slices. Mix soy sauce, oil, wine, sugar, ginger and garlic. Stir in beef, coating each piece thoroughly. Cover and refrigerate for 1 hour.

Drain beef, reserving marinade. Cook and stir beef in a 10 inch skillet over medium heat, stirring frequently, just until beef is light brown, about 5 minutes. Add enough cold water to reserved marinade to measure ½ cup. Shake marinade-water mixture and cornstarch in tightly covered container. Stir gradually into beef. Heat to boiling. Serve over rice.

The MacLeishes'



Rick and Carolyn met at a high school basketball game. They dated through high school, and after Rick's first year of professional hockey, were married. Their first home was in Cherry Hill, New Jersey. It was here that their two daughters, Danielle and Brianna were born.

Danielle and Brianna enjoy swimming, biking and roller skating. Rick loves to golf and work with his horses. Carolyn likes to dance, go biking, and hopes that she and the girls get skiing more this winter.

The MacLeishes have purchased a new home in New Jersey and are planning on staying in the area.

Chicken Almondzini

- ¾ cup mayonnaise
- ⅓ cup flour
- 2 tbsp. instant minced onion
- 1 tsp. garlic salt
- 2¼ cups milk
- 1 cup (4 oz.) Swiss cheese
- ⅓ cup dry white wine
- 7 oz. spaghetti, cooked, drained
- 2 cups chopped cooked chicken or turkey
- 1–10 oz. pkg. frozen chopped broccoli, thawed, drained
- 1¼ cups sliced almonds
- 1–4 oz. can sliced mushrooms, drained
- ¼ cup chopped pimento

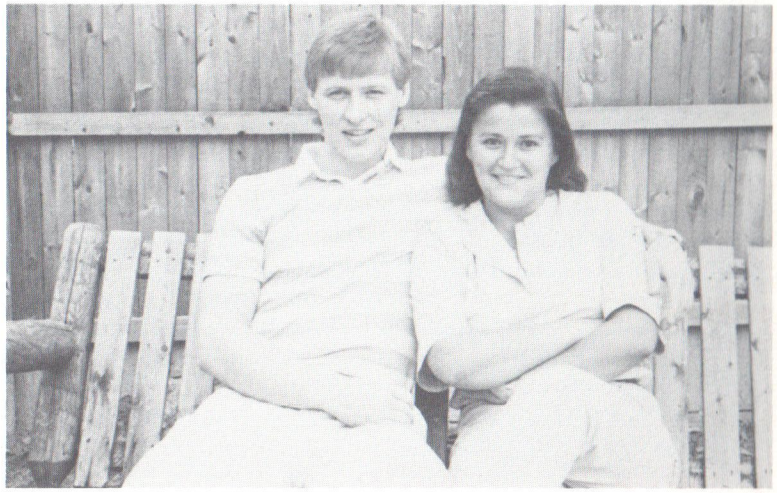
In medium saucepan, combine mayonnaise, flour and seasonings. Gradually add milk; cook over low heat, stirring constantly until thickened. Add cheese and wine; stir until cheese melts. In large bowl, combine mayonnaise mixture, spaghetti, chicken, broccoli, ¾ cups almonds, mushrooms and pimento; toss lightly. Pour mixture into 11¾ x 7½" baking dish. Top with remaining almonds. Bake at 350 degrees for 40-45 minutes. Make 6-8 servings. Serve with parmesan cheese.

Pumpkin Pie with Caramelized Almonds

- 1 pint vanilla ice cream, softened
- 1–10" pie shell, baked
- 1–16 oz. can solid pack pumpkin
- 1½ cups sugar
- ½ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- 1 tsp. vanilla
- 1½ cups whipped cream
- 1 cup slivered almonds
- ¼ cup sugar

Spread softened ice cream in cooled pie shell; place in freezer. Mix pumpkin with sugar, spices and vanilla; fold in 1 cup whipped cream. Pour filling over ice cream. Cover with foil and freeze about 4 hours. Combine nuts and ¼ cup sugar in small skillet. Stir constantly and rapidly as the sugar begins to turn color. Remove from heat when almonds are caramel-colored and spread on greased cookie sheet. Break apart when crisp. Garnish pie with remaining whipped cream and caramelized almonds.

The Sinisalos'



Corina and Ilkka met four and a half years ago in high school in Helsinki, Finland. At that time Ilkka was playing for IFK Hockey Team and for the Finnish National Team. Three years later they were married.

Since Ilkka has been playing for the Flyers they spend part of the off-season in Helsinki and part at the lake in middle Finland. There they enjoy tennis, fishing, waterskiing and boating.

Shrimp in Curry Sauce

1 lb. frozen shrimp in liquid
1 medium onion
1 pkg. Knorr Curry Sauce
Dash of curry powder (optional)

In a frying pan, saute shrimp and onion for 5-7 minutes. Drain water from pan. While shrimp is being cooked prepare the sauce as directed on the package. You may add extra curry powder to taste. Add shrimp and onion mixture to sauce. Simmer for 5 minutes. Served with cooked white rice and salad. Simple, but delicious. Serves 2.

Ham Temptations

8 medium potatoes
2 onions (or 1 leek)
¾ cup smoked ham (juliene cut)
1 cup cream
½ tsp. rosemary spice
Dash of black pepper
½ tsp. salt
1 cup shredded Swiss cheese

Peel potatoes and onions and grate them. Grease a medium sized casserole dish. Layer the potatoes, onions and ham, beginning and ending with potatoes. Season cream with spices. Pour over potatoes, onion and ham. Top with shredded cheese. Bake in 400 degrees for 45 to 60 minutes. Serves 4.

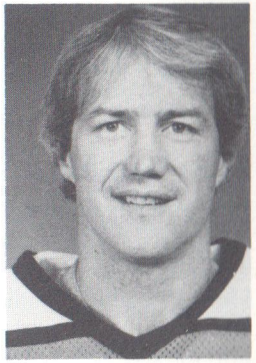
Variation; use anchovies instead of ham for an even more tempting treat.

Goulash

2 lbs. boneless veal or pork
1 tsp. fat
1 cup water
2 medium onions chopped
4 red peppers, sliced
4 red tomatoes, quartered
1 can mixed vegetables
1 tsp. each paprika
black pepper
garlic powder
1 small can tomato puree

Cut meat into cubes. In a heated skillet melt fat then add meat and brown slightly. In a large casserole pour water and add meat, onion, spices and tomato puree. Place in a 300 degree oven for 45-50 minutes or until meat is tender. Add peppers, tomatoes and mixed vegetables. Place back into the oven for 15 minutes. Serve with rice, potatoes or dumplings. Serves 4-6.

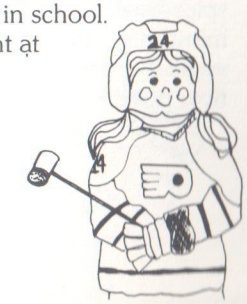
The Holts'



Randy and Lynn met in their home town of New Liskeard, Ontario when they were both in high school. They were married seven years later, while Randy was in the Blackhawk organization, and playing in Dallas, Texas. Since then they have enjoyed living in great cities like Vancouver, Los Angeles, Calgary, and came to the Flyers this season from the Washington Capitols.

There are three little Holts, all girls. Alana is seven, Ashley is five, and Amber is four years old. They enjoy ice-skating, roller-skating, swimming, and camping in the mountains near their off-season home in Calgary, Alberta, Canada. They adore their Dad, who spends most of his spare time with his family, squeezing in a golf game here and there. It won't be long before Lana will be golfing as Randy would like the girls to be active participants in various sports.

Eventually, Randy would like to build a house on his land in the Ottawa Valley, in Ontario, and Lynn, who is a Registered Nurse will be able to pursue a career when the girls are all in school. Meanwhile, the Flyers have made them feel right at home in the Philadelphia area.



Spanish Gazpacho

1 cup finely chopped peeled tomatoes
½ cup finely chopped green pepper
½ cup finely chopped celery
½ cup finely chopped cucumber
2 tsp. snipped chives
1 small clove garlic minced
2-3 tbsp. wine vinegar
2 tbsp. olive oil
1 tsp. salt
¼ tsp. fresh ground pepper
½ tsp. Worcestershire sauce
2 cups tomato juice

Combine all the ingredients in a stainless steel or glass bowl. Cover and chill thoroughly for at least 4 hours. Serve in chilled cups, topped with croutons. Makes 6 servings.

Yogurt Coated Chicken

2 chicken breast pieces, boned
1 tbsp. flour
¼ cup plain yogurt
1 pinch of sage, thyme, and basil
¼ tsp. salt
dash of pepper
1 tsp. grated onion
¼ tsp. lemon juice
½ cup fine cracker crumbs
3 tbsp. grated cheddar cheese
¼ tsp. paprika

Use a buttered baking dish, 8 x 6 x 2. Sprinkle the chicken with flour to lightly coat both sides. Combine the yogurt, seasonings, onions, and lemon juice in a small bowl. Combine the crumbs, cheese and paprika in a flat dish. Dip the chicken in the yogurt mixture, then in the crumb mixture to coat both sides. Then put it in the baking dish, cover with foil, and bake for 30 minutes at 350 degrees. Uncover and bake until tender, about 15 minutes more.

Oatmeal-Banana Muffins

1½ cups rolled oats
¾ cup of milk
1 egg, beaten lightly
½ cup vegetable oil
½ cup firmly packed light or dark brown sugar
1 large ripe banana, peeled and mashed
1¼ cups sifted all-purpose flour or unsifted whole-wheat flour
4 tsp. baking powder
¼ tsp. salt

Preheat the oven to 425 degrees. Soak the oats in the milk in a mixing bowl for 30 minutes, or until all the milk has been absorbed. Combine the egg, oil, sugar, and mashed banana, beating until smooth, and stir into the oat mixture. Combine the dry ingredients in a second mixing bowl and make a well in the center. Pour in the banana-oat mixture and stir lightly—just until the dry ingredients are moistened. Do not overbeat, or your muffins will be tough and shot through with tunnels. Grease muffin pans and spoon in the batter, half filling each cup. Bake for 15 minutes or until the muffins are lightly browned and springy to the touch.

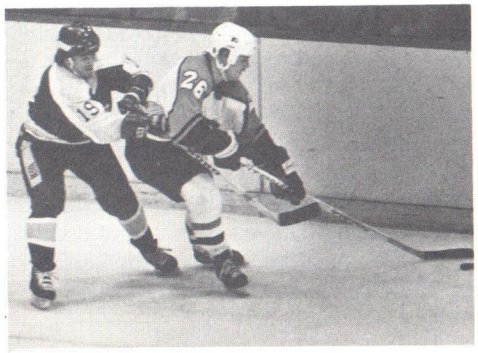
The Propps'

Brian and Lori grew up together in Neudorf, Saskatchewan. They attended the same public and high school which was also in Neudorf.

They dated throughout their high school years as well as the years Brian played in Brandon. Lori attended the University of Saskatchewan in 1980, and in October of that year Brian and Lori were engaged. The following July they were married in Neudorf and moved to their New Jersey home.

Lori is currently taking a fashion merchandising course in Philadelphia and some of her favorite pass-times are sketching and oil painting.

Brian's favorite hobbies include competitive golfing, slow pitch ball and various other sports.



Macaroni Salad

2 cups raw macaroni
2 tbsp. oil
2 tbsp. vinegar
1 tbsp. minced onion
1 cup shredded cheddar cheese
1 diced pimento
⅓ cup Miracle Whip
1 tin tuna
1 cup cooked peas
1 cup chopped celery

Cook macaroni, drain, do not chill. Add the oil and vinegar, onion, salt and cheese. Mix well and add remaining ingredients.

Spaghetti Meat Sauce

1 lb. ground beef
2 large onions chopped
2 crushed cloves of garlic
1 green pepper, chopped
28 oz. canned tomatoes
5½ oz. can tomato paste
5½ oz. red wine
1 tsp. basil
1 tsp. oregano
¼ tsp. rosemary
2 tsp. sugar
3 tbsp. oil
salt and pepper to taste
4 stalks celery

Brown ground beef, drain any fat and remove from pan. Saute onions, garlic, pepper, celery in oil. Add tomatoes, tomato paste, wine, basil, oregano, rosemary, salt, pepper and sugar. Add meat, heat mixture to boiling point, reduce heat and simmer uncovered with frequent stirring for 45 minutes.

Hawaiian Chicken

4 boneless chicken breasts
½ cup flour
⅓ cup oil
1 tsp. salt
¼ tsp. pepper
1–20 oz. can sliced pineapple
1 cup sugar
¾ cups vinegar
1 tbsp. soy sauce
¼ tsp. ginger
2 tbsp. cornstarch
1 chicken bouillon cube
1 large green pepper sliced (optional)

Wash and dry chicken; cut into 1″ cubes. Coat with flour and brown all sides in heated oil. Add salt and pepper.

Sauce: Drain canned pineapple into a 2 cup measure. Add water to make 1¼ cups. In a medium saucepan mix sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon; bring to a boil. Stir constantly and boil for 2 minutes. Pour over chicken and bake uncovered for 30 minutes. Add pineapple slices and green pepper and bake for another 30 minutes. Serve with rice.

The Sittlers'

It will be two years in March since the Sittler family joined the Flyers. They came from Canada, where Darryl had played with the Toronto Maple Leafs for almost twelve full seasons. He was the Captain there for eight years.

Darryl, his wife Wendy, and their three children all enjoy athletics. Ryan is nine years old, he plays hockey and ball and tends to be very outgoing. Meaghan is seven, and is also involved in the same organized sports. She has found that she is usually the only girl on her team. Her personality is more lay back, but she certainly knows what she wants and is very keen on whatever she does. Then there is Ashley who is two years old and also very active. She is fond of animals and enjoys playing with the family's Golden Lab, three-year-old Judd.

During the off-season, you will find the Sittlers spending most of their time as a family. They enjoy the outdoors, including boating, skiing, swimming, horseback-riding, etc. They are happy to be a part of the Flyers' organization, and hope to make a permanent home here.

Spinach Dip

1 pkg. frozen chopped spinach
1 cup sour cream
1 cup miracle whip
1 can of water chestnuts (chopped)
1 pkg. Knoor dried vegetable soup mix
2 chopped green onions

Thaw the spinach and squeeze out the excess moisture. Mix all the remaining ingredients together well. Chill at least one hour before serving. Serve with crackers, sourdough bread, etc.

Strawberry Salad

1 large pkg. strawberry jello
2 pkgs. frozen strawberries
1–19 oz. can crushed pineapple (drained)
1 pint sour cream
3 mashed bananas
1 cup boiling water

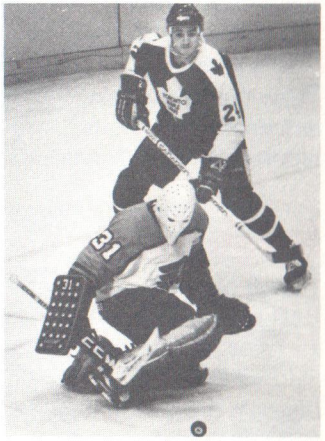
Dissolve the jello in water. Add pineapple, strawberries, bananas and mix well. Separate the mixture in half, refrigerating one portion until it gels. Spread the gelled portion with 1 pint of sour cream. Pour remaining fruit mixture over sour cream and refrigerate for at least 1½ hours. Because it is a layered recipe, it looks very nice in a clear bowl.

Poppy Seed Bread

½ lb. butter
3 tbsp. poppy seeds
3 tbsp. Keens dried mustard
1 cup chopped green onions
Swiss cheese (in slices)
1 loaf of crusty bread

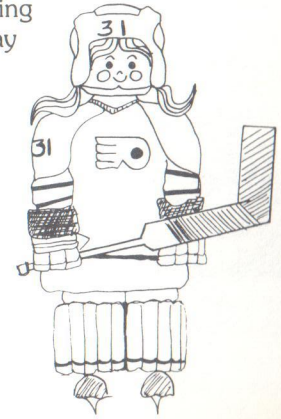
Mix the top four ingredients well, in order to make a spread. Slice the bread every ½ inch, not going quite through to the bottom. Butter the bread generously with the spread, placing a piece of cheese between every slice. Heat at 350 degrees for 15 minutes, uncovered.

The Lindberghs'



Both Pelle and Kerstin come from Stockholm, Sweden. Stockholm is the capital of Sweden and a beautiful city, especially in the summertime. Pelle comes from the south of the city and Kerstin from the north. They met in the summer, four years ago, in a discotheque. In Sweden Kerstin does a lot of wind surfing (a surf board with a sail on it) on a competitive basis. The night they met, the disco was having a special night for windsurfers and they came to sit at the same table. They talked, and Pelle said he thought it would be very easy, great athlete that he is!!! So that summer Kerstin taught him to windsurf, and he had to admit that it wasn't that easy. The first few times they had to tow him in by boat. But ever since that summer they have been together and hope to be forever. This spring Pelle and Kerstin were engaged.

This will be Pelle's fourth season with the Flyers. The first two years he spent in Maine with the farm team. They have enjoyed both Maine and Philadelphia, and this spring have bought a house here and hope to stay for a long time.



Swedish "Glögg"

A traditional Swedish hot red wine drink that we drink around Christmas.

1 cup water
1 piece of whole ginger
2 pieces of whole cinnamon
8 whole cloves
½ cup sugar (taste)
1 bottle of dry red wine (750 ml)
Almonds and raisins (as much as you wish)
If you want it stronger, put in unflavored brandy

First boil the spices with the water for about 30 minutes. Then strain off the spices from the water. Put the rest of the ingredients into the spiced water. Heat the "glögg" but don't let it boil. Serve in very small cups or glasses together with a spoon. Serves approximately 15 small glasses.

Pepparkahor (the Real Swedish Ginger Snaps)

10.5 oz. butter (about 1½ cups)
2 cups sugar
⅓-½ cup syrup
¾ cup water
1 tbsp. ground ginger
2 tbsp. ground cinnamon
1 tbsp. cloves
2 tbsp. ground cardamom
1 tsp. baking soda
6½ cups all-purpose flour

Stir butter, sugar and syrup until soft. Add the water, spices, baking soda and the flour. Work the dough until soft. Let it cool in foil for one night. With a rolling pin, roll the dough thin and using a glass or cookie cutters, make the cookies. Put them on a cookie sheet and bake at 430 degrees for about 5 minutes.

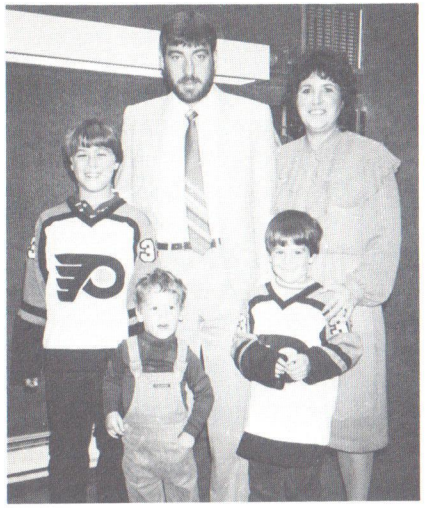
The Real Swedish Meatballs

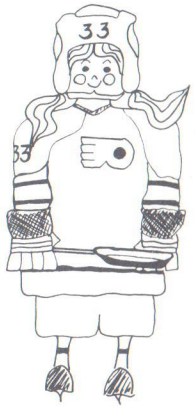
approximately 1 lb. ground beef
⅓ cup breadcrumbs
¾ cup milk
1 tsp. salt
⅛ tsp. pepper
1-2 tbsp. chopped onion
1 egg

Sauce:
1⅔ cup water
2 tbsp. all purpose flour
soy sauce to taste

Mix breadcrumbs and milk, let it stand for approximately 10 minutes. Mix ground beef, salt and pepper and then put the egg into it. Now put the breadcrumbs and milk into the ground beef mixture and mix. With your hands shape the mixture into small balls. Fry in butter or margarine in a frying pan. Make sauce for the meatballs in the same pan you used for the meatballs, after they are removed and set aside. Put in the flour with the leftover grease and mix. Then put the water in and soy sauce to taste. Serve with boiled potatoes and some lingonberry sauce. That is the Swedish way to eat meatballs!!

The Larocques'





Michel and Hélène have their hands full looking after three energetic boys. They are adept in various sport activities, strangely enough they are primarily interested in hockey. Mathieu, the youngest (3 years old), not being able to skate yet finds the roll of the referee most attractive. Stéphane (9 years old) and Philippe (7 years old) are ardent participants of the game, each within his own category. During the summer, the whole family shares a number of sport activities including swimming, golfing, baseball, soccer and tennis. In recent years because of the situation where the family had to move a number of times, it has been a rewarding experience particularly for the kids who have had to familiarize themselves with the English language and different aspects of a social life, which, of course, is different from their life in Quebec.

Sour Cream Cookies

2¾ cups flour
½ tsp. salt
½ tsp. baking soda
1½ tsp. baking powder
⅔ cup sugar
½ cup butter
1 egg
1 cup sour cream

Sift flour, salt, soda, powder and sugar, add butter by cutting with two knives. Mix the egg and cream, and combine with the dry ingredients, mixing well. Put in refrigerator for at least one hour. Drop by teaspoons onto a greased cookie sheet. Bake 15 minutes at 350°F.

Potage Parmentier

2 tbsp. butter
2 leeks
4 tbsp. finely chopped onions
2 cups chicken broth
1 cup thin potato rings
⅓ cup chopped celery
pinch of nutmeg
bit of parsley
1 or 2 drops Worcestershire sauce
½ cup cream

Sauté butter and onions, until onions are tender. Combine all the ingredients together, and add spices as desired (thyme, bay leaves, basil). Cook for approximately 40 minutes. Put the potage in blender and process at whip until well blended. Add cream and serve.

Barbecue Sauce for Chicken

1 onion, chopped
1 stalk celery, chopped
¼ cup green pepper
1 cup ketchup
1 cup water
¼ cup vinegar
¼ cup brown sugar
salt, pepper
Few drops Tabasco sauce
garlic salt
2 tbsp. Worcestershire sauce
2 tsp. powdered mustard
1 tsp. paprika

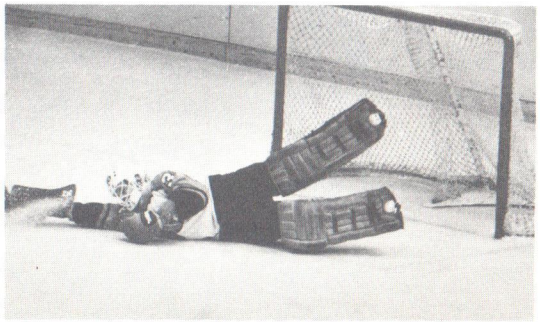
Cook 4 chicken breasts in the oven at 350°F. Mix the above sauce ingredients together and cook in saucepan for 40 minutes on low heat. When chicken is cooked pour sauce over it, and serve with white rice.

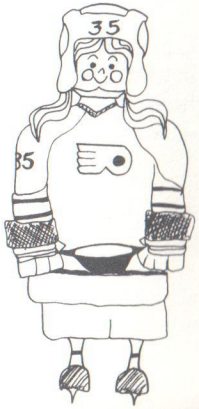
The Froeses'

Bob and Ruth met at highschool in Niagara-on-the-Lake, Ontario, Canada. After Bob had played one year of professional hockey (in Saginaw, Michigan and Milwaukee, Wisconsin), they were married. They have a son, Robert Henry James, born September 8, 1982 in Portland, Maine.

Bob is a baseball fan, and one of his hobbies is refinishing furniture. Last season he redid the interior of a van. The Froeses then travelled and camped in it on a trip to western Canada during the summer.

Ruth enjoys being a full-time wife and mother. She does sewing and various crafts in her spare time. Robbie is an energetic, loveable boy and Bob is already looking forward to backyard baseball with him.





Beef Dip

1 cup sour cream
8 oz. cream cheese
1 jar dried beef (slice thinly)
garlic salt
minced onion

Blend the above ingredients, dot with butter and bake at 350 degrees for 20 minutes. Sprinkle with nutmeats and serve with crackers and toast fingers.

Chicken in White Wine

4 chicken breasts, deboned
1 can cream of mushroom soup
4 oz. tin mushrooms, drained
½ cup white wine
½ pint sour cream

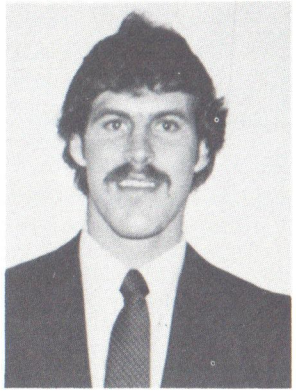
Combine soup, mushrooms and wine in a casserole dish. Bake the chicken in this mixture for 1 hour at 350 degrees. Remove from oven and set chicken aside. Add sour cream to the soup, mushrooms and wine sauce and heat over medium heat. Serve chicken and sauce over rice or mashed potatoes. Add a colorful vegetable for a delicious, easy meal.

Dilly Casserole Bread

1 pkg. yeast
¼ cup warm water
1 cup creamed cottage cheese
2 tbsp. sugar
1 tbsp. instant minced onion
1 tbsp. butter
2 tbsp. dill seed
1 tsp. salt
¼ tsp. soda
1 egg
2¼-2½ cups flour

Soften yeast in ¼ cup warm water. In mixing bowl combine the cottage cheese, sugar, minced onion, butter, dill seed, salt, soda, and the egg. Add the yeast mixture. Gradually add the flour to form a stiff dough, beating well after each addition. Cover and let rise in a warm place until double (50-60 minutes). Stir down with a spoon and place in a well-greased round 8", 1½-2 qt. casserole. Let rise again until double (30-40 minutes). Bake at 350 degrees for 40-50 minutes until golden brown. Brush with soft butter and sprinkle with coarse salt.

Cochrane



Glen was born on January 29, 1958 in Kamloops, British Columbia. He is the second oldest of six children, having an older brother and four younger sisters.

Glen started hockey at six years of age as a goalie for one year, then moved out to defense. He played most of his minor hockey in Cranbrook, B.C. where he played four years with teammate Ray Allison.

Glen spends his summers in Cowichan Bay, B.C. He enjoys traveling for three or four weeks at the end of each season. His favorite pastime is fishing for Pacific Salmon and splitting a beer with close friends.

Glen hopes someday to complete courses in wood refinishing, cabinet making, etc.

Pineapple Slice

2½ cups graham wafer crumbs (save ½ cup for topping)
½ cup butter
1½ cups icing sugar
2 unbeaten eggs
1–14 oz. tin crushed pineapple, drained
1½ cups whipping cream

Combine wafer crumbs and ½ cup butter. Pat into 8 x 8" pan or pie plate. Bake for 10 minutes at 375 degrees, cool. Cream ½ cup butter, add icing sugar and eggs—1 at a time, beating well after each addition. Spoon onto crust when it's completely cooled. Whip the cream, then fold in pineapple. Spread over cream mixture and sprinkle top with crumbs. Refrigerate minimum of 1 hour before serving.

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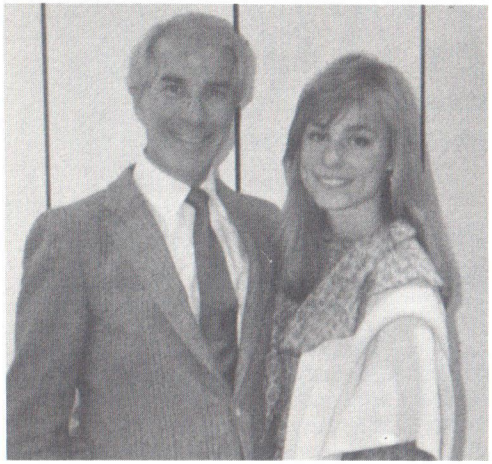
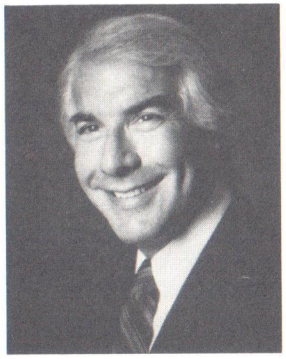
The E. Sniders'



Ed and Martha met in Philadelphia and were friends for more than one and a half years before they started dating in June of 1983. It didn't take long for them to realize that they were perfect for each other. Four months later they got engaged and plan to be married in a few months.

Ed and Martha like to combine their similar philosophy of life with everything they do. They both love Philadelphia, but when they need to get away from it all—there is no place like Maine.

Fun and challenge must be a part of their exercise program. They enjoy windsurfing, water skiing, tennis, jogging and hiking. Fun is also part of their meal planning. Among their favorites are: hard shell crab feasts, lobster and clam bakes, and outdoor barbecuing. If they must indulge their sweet tooth, nothing hits the spot like an eclair. Fortunately, Martha's mother came up with a low cal recipe (now they can eat two).



Chicken-Hat-Trick

1 chicken (cut in parts)
1 pkg. Lipton Onion Soup Mix
1 cup fresh orange juice
1 cup red wine

Wash and season chicken. Arrange chicken parts on long baking pan. Sprinkle soup mix over chicken. Pour over orange juice and wine and baste. Cook at 300 degrees for 1 hour. Serves 3 hungry people.

Ed's Eclairs

1 cup water
½ cup butter (¼ lb. stick)
4 eggs
1 cup sifted flour
pinch of salt

Use medium sized, heavy saucepan. Heat to a boil, 1 cup water, ¼ cup butter, and pinch of salt. Stir in 1 cup sifted flour all at once. Continue to stir vigorously over low heat until mixture leaves the pan and forms into a ball (about 1 minute). Remove from heat.

Beat in thoroughly, 1 at a time, the 4 eggs. Continue to beat mixture until velvety smooth.

Grease 1 large baking sheet. Drop mixture from spoon and shape into "Fingers" 4" long and 1" wide. Allow 2" between each Eclair. Bake at 375 degrees until dry and dark golden brown (about 45 minutes). Cool slowly! If removed too quickly, Eclairs will fall. Cut off tops with sharp knife. Scoop out any filaments of soft dough.

Fill with custard or sweetened whipped cream. Replace tops and frost with thin chocolate icing. (See recipes below.) Keep refrigerated.

Quick Low-Cal Filling

2 envelopes of Dream Whip
1 cup cold milk
1 small pkg. Instant Vanilla Pudding

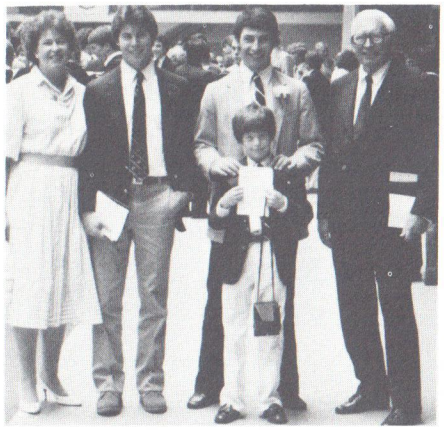
Beat Dream Whip and milk with high speed electric mixer until Dream Whip is set. Continue beating and slowly add instant pudding (if custard is too thick, add small amount of milk).

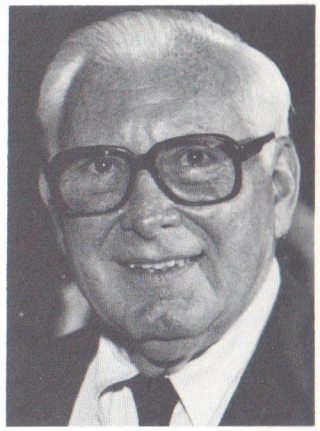
Chocolate Topping

1 can Eagle Brand Milk
1 square unsweetened baking chocolate

Heat ingredients in heavy saucepan or double boiler. Stir constantly until blended completely. Thin with water if necessary. Use immediately before chocolate thickens.

The Scotts'





Joe Scott was about to head back from Florida when a friend phoned with a request.

It seems three young girls from Philadelphia were vacationing in the Ft. Lauderdale area and the friend wanted Joe to arrange membership privileges at a local country club.

Joe made the arrangements and, in the process, found himself a wife. After a three-year courtship, one of those young girls, Pat Sinclair, became Mrs. Scott.

The Scotts have been married for 22 years now and have three young sons, Greg, 20, Jeff, 18, and Trent, 11. Trent attends the Woodlynne School, Jeff, Lawrenceville and Greg, Lehigh University.

All of the Scott boys participate in sports of all sorts—football, lacrosse, tennis, soccer, golf and hockey. Pat and Joe delight in traveling around to watch them play. Dad is particularly "fond" of arising at 5:30 in the morning to take Trent to his hockey games.

Pat loves to cook and is an avid collector of recipes and cookbooks. Joe is a "dessert man," his particular favorites being Pat's apple crumb cobbler and bread pudding.

When he is not watching his sons play sports or tending to his duties as Flyers Board Chairman, Joe likes to soak up the sun in Ft. Lauderdale. He and Pat also enjoy visiting the 100 or so restaurants between Palm Beach and Miami.

Spinach Noodle Souffle

3 pkgs. chopped frozen spinach
¾ lb. very fine noodles
3 eggs
1 pkg. Lipton onion soup mix
1 pint sour cream

Cook noodles, beat eggs, and add to noodles. Add sour cream, onion soup mix and spinach. Pour in casserole and bake at 350 degrees for one hour. This may be frozen.

Chicken a la King

4 lbs. stewing chicken
celery
parsley
onions
carrots
salt and pepper
4 tbsp. butter
4 tbsp. flour
1½ cups whole milk
1½ cups of table cream
2 egg yolks (beaten)
2 tbsp. butter
½ lb. mushrooms
1 diced green pepper
2 oz. canned pimiento (chopped)
6 tbsp. sherry
dash of nutmeg

Simmer chicken for 3 hours with the four vegetables and salt and pepper. Cool meat and cut into bite size pieces.

Sauce: Stir together 4 tbsp. butter and flour for 4-5 minutes (slowly). Gradually add milk and cream. Stir until thick, then cool. Add egg yolks (beaten). Add this sauce and all the remaining ingredients to chicken. Serve over rice or patty shells.

Oatmeal Lace Cookies

1 egg beaten
1 cup rolled oats, uncooked
1 cup sugar
½ cup butter or margarine, melted
2 tsp. sifted all purpose flour
¼ tsp. baking powder
½ tsp. salt
½ tsp. vanilla extract

Mix all ingredients. Cover cookie sheet with aluminum foil, bright side out. Drop batter by teaspoonful. Place only 6 cookies at a time on sheet. Bake 350 degrees for 10 minutes. Slide foil off cookie sheet. Let cool for 5 minutes. To remove cookies from foil, lift foil and curl it away from cookies. Makes 5-6 dozen.

The J. Sniders'

Terry and Jay Snider met in 1974 and dated until 1982 when they were married.

At 25, Jay is the youngest chief executive in professional sports. Despite the demands of his businesses, Jay still manages to find time to hunt, barefoot waterski, collect Western art and rare books. He is also training for his black belt in Karate. Terry, also 25, is a former special education teacher. Her interests vary from cooking and needlework to working on her tennis game. She is currently working with her husband in the Flyers offices and on projects with the Flyers Wives.

Together, Terry and Jay enjoy the theater, movies, museums and flea markets. They also like to travel out West and collect antiques.

The Sniders live in Philadelphia where they tend their "roof garden" and care for Jennifer, their golden retriever.

Pineapple Zucchini Muffins

3 eggs
1 cup oil
2 cups sugar
2 tsp. vanilla
2 cups coarsely shredded zucchini
2 cups (8 oz. can) crushed pineapple, drained
3 cups flour
2 tsp. baking soda
1 tsp. salt (optional)
½ tsp. baking powder
1½ tsp. cinnamon
¾ tsp. nutmeg
½ cup finely chopped nuts
½ cup raisins

Preheat oven to 350 degrees. Beat eggs lightly with rotary beater. Add oil, sugar and vanilla and continue beating until thick and foamy. Stir in zucchini and pineapple. In another bowl combine flour, baking soda, salt, baking powder, cinnamon, nutmeg, nuts and raisins. Stir gently until blended. Add to egg mixture and stir until blended. Place paper muffin cups in muffin trays. Fill each muffin ¾ full. Bake each tray for 25-35 minutes or until pick comes out clean. Cool in pan for 5-10 minutes. Makes 2-2½ trays.

Jay's Favorite French Toast

2 eggs, well beaten
½ tsp. vanilla
¼ tsp. cinnamon
1 tsp. honey
½ cup milk
1-2 tbsp. butter or margarine
2-3 sprinklings of cinnamon
bread slices

Mix together, in a bowl, the first 5 ingredients. Prepare fry pan with the butter or margarine and cinnamon until melted and bubbly, on medium-low heat. Place the bread in the bowl with mixture (make sure the bread is saturated) and then put in hot frying pan. Cook bread until golden brown on both sides. May be served with butter, cinnamon, and hot syrup or strawberry preserves. Makes 2-3 servings.

Terry's Wild Fruit Salad

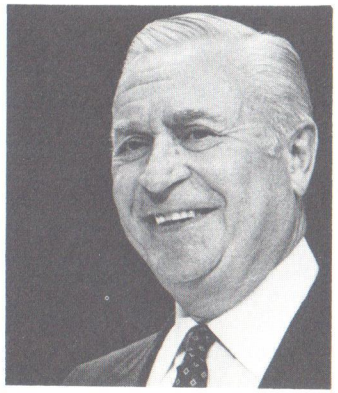
2-3 peeled apples in small chunks
2 fresh cantaloupes in small chunks
1 fresh pineapple in chunks
1 bunch grapes (green or red seedless)
1-2 pints of fresh blueberries
1 pint of sliced strawberries
1 thinly sliced kiwi
2 small cans of drained mandarin oranges
raisins
½ tsp. of cinnamon
coconut (optional)

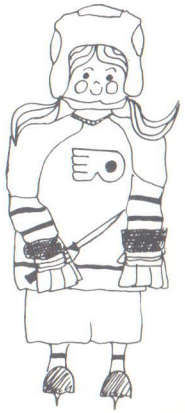
Toss together the above fruits in a large bowl. Add some coconut, raisins and the cinnamon. It is always best on the second day. Serves 8 or more.

The Allens'

Keith and Joyce were introduced by one of his former hockey coaches and married a year later—(don't ask them how many years)!! They have three great children. Brad is married to Kathy and working in the Marketing field, living in New Jersey. Traci is an Executive Secretary and Blake a recently graduated Geologist.

Their leisure time and hobbies revolve around the Allens' New Jersey shore home where they swim, boat and fish.





Chili

2 cans kidney beans
1 large onion
2 green peppers
1 lb. ground beef (and oil to fry)
2 cans tomatoes (use all juice)
1 can tomato soup
2 tbsp. Worcestershire sauce
salt to taste
⅛ tsp. cayenne pepper
⅛ tsp. paprika
Bay leaf (remove after cooked)
3-4 tbsp. chili powder
few drops tabasco

Brown meat, onion, and green pepper in oil. Add chopped tomatoes, tomato soup, and rest of seasonings. Simmer 2 hours. Add beans during last 45 minutes. Heat through. About 5 servings.

Curried Shrimp on Rice

1 can cream of shrimp soup
2 tbsp. minced onion
1 tbsp. butter
2 tsp. curry powder
1 lb. cooked shrimp
1 cup sour cream

Sauté onion in butter. Add shrimp soup and heat through. Add curry owder and shrimp. Heat until smooth. Just before serving add the sour cream and heat until hot. Serve over rice. Serves 4.

Chicken Asparagus Casserole

2 whole chicken breasts, cut in chunks (and oil to fry)
garlic powder
¼ tsp. pepper
1 pkg. (10 oz.) asparagus
1 can cream of chicken or asparagus soup
⅓ cup Miracle Whip salad dressing
1 tsp. lemon juice
2 tsp. curry powder
½ cup shredded Cheddar cheese

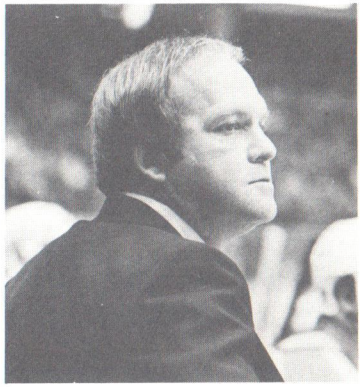
Heat oven to 375 degrees. Brown chicken in oil. Cook asparagus according to package directions and drain. Stir together the soup, Miracle Whip, lemon juice, and curry powder. Place asparagus in single layer in shallow baking pan. Place chicken over asparagus, spoon on sauce, and sprinkle with cheese. Cover with foil and bake for 35 minutes or until bubbly. About 4 servings.

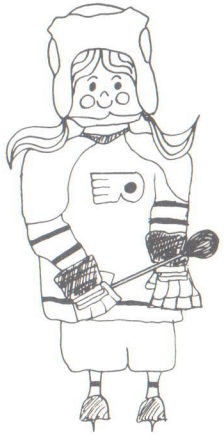
The McCammons'

Bob and Marie met in Thunder Bay, Ontario, Canada. Bob had moved there from Kenora, Ontario when he was seven, and Marie had lived there all her life.

They have been married for twenty-one years, and have two children. Joe is twenty and has spent two years at Merrimack College in Massachusetts where he played for the Varsity Hockey Team. He majored in Business Administration. Sue is nineteen, has attended college in Michigan and is now pursuing a career in hair design.

In the off-season the McCammons live in the beautiful state of Maine and spend a lot of time at the beach, golfing, and visiting with good friends.





Stained Glass Windows

12 oz. of chocolate chips
¼ cup of margarine . . . melt
and stir constantly
Mix in:
½ cup of chopped nuts
10½ oz. pkg. colored
marshmallows

Divide into three batches. On waxed paper sprinkle confectioners' sugar or coconut, form into a log. Roll in paper and tape. Chill several hours. Slice to serve.

Cabbage Rolls

1 lb. ground beef
1 cup rice
1 egg
1 onion
1 large head cabbage
1 can tomato juice
salt and pepper
butter

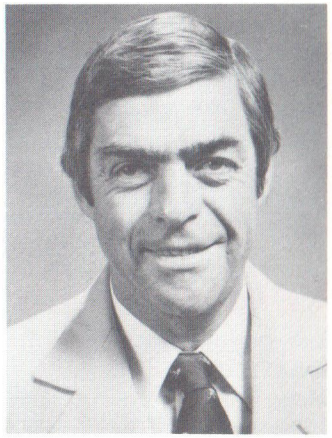
Steam cabbage. Fry ground beef and onion. Cook rice. Mix rice, meat, egg and seasoning. Wrap mixture in cabbage leaves. Place side by side in roast pan. Cover with tomato juice, dot with butter. Bake in covered roast pan in moderate oven (350 degrees) for about 1½ hours.

Cherry Dump Cake

1 lge. can crushed pineapple
1 can cherry pie filling
1 white cake mix
2 sticks of margarine
chopped nuts
whipped cream

Grease a 9 x 13" cake pan. Dump in the can of undrained pineapple. Spread the cherry pie filling over the pineapple. Sprinkle the dry cake mix over this. Drizzle margarine on top, sprinkle with nuts. Bake at 350 degrees for over one hour, or until golden. Serve warm or chilled with whipped cream.

The Darlings'

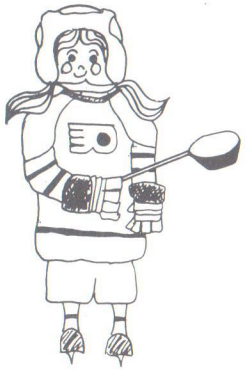


Gary and Eleanor met while in high school in their hometown of Peterborough, Ontario.

Over the following years, Gary was involved with an accounting job and coached a Junior B team while doing part-time scouting with the Montreal Canadiens and later the St. Louis Blues and Boston before coming to Philadelphia this season. Eleanor worked as a Medical Stenographer, then quit her job to raise their three children, Wendy who is twenty, Alyson, eighteen, and Grant, twelve. Wendy is now a nursery school teacher, Alyson is attending college in Peterborough and Grant is in grade seven and plays hockey, golf and baseball.

In the off-season they enjoy spending time at their cabin north of Peterborough, where they own 100 acres and spend time hunting, fishing and canoeing. They also enjoy cross country skiing when they get an off day in the winter months.

Gary, Eleanor and Grant look forward to their stay in Philadelphia.



City Chicken

4-5 lb. pork butt, cubed
2 dozen wooden skewers
2 eggs
garlic powder
salt and pepper
accent tenderizer

Marinate cubes of pork in 2 eggs, garlic powder, salt and pepper, and accent tenderizer overnight or 4-5 hours. Put 5-6 cubes on skewer, roll in breadcrumbs and brown in fry pan. Place in baking dish and bake at 350 degrees for 1½ hrs. covered and 20 minutes uncovered.

Crabmeat Dip

2 cans crabmeat (6 oz.)
2–8 oz. pkg. cream cheese
2 tbsp. milk
2 hard boiled eggs
2 tsp. Worcestershire sauce

Cream cheese, add milk and Worcestershire sauce. Fold in other ingredients. Warm in chafing dish. Serve with cold cut vegetables, carrots, cauliflower, celery, etc.

Carrot Cake

Route 70 West to the Clover Mall, the Acme Store—frozen food section. Pick up Carrot Cake by Oregon Farms. Cut and thaw and serve at room temperature.

Sator

A native of New Hartford, New York, Ted Sator has studied and coached hockey throughout North America and Sweden. He is bilingual, speaking both English and Swedish. He has also spent considerable time inside the Iron Curtain, studying the Russian and Czechoslovakian approach to the game.

A power skating expert, Ted lifts weights and rides a bike daily. He enjoys all sports, especially tennis and skiing. Ted relaxes by reading books on sports psychology, nutrition for athletes, and World War II history.

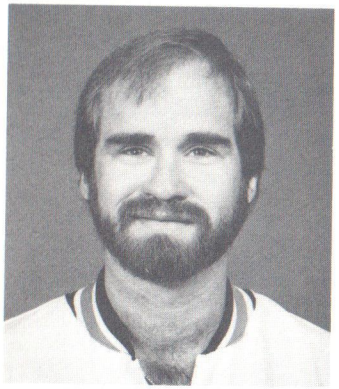
When Ted wants to indulge, he rolls up his sleeves and heads for his kitchen in Voorhees, New Jersey. There, the Flyers' new assistant coach is said to whip up a mean omelet.

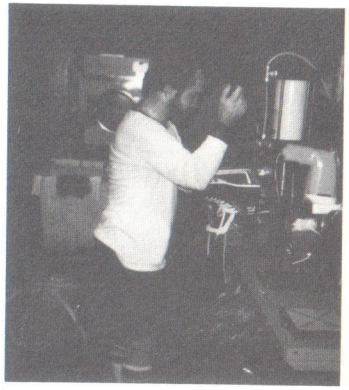
Ham and Cheese Omelet

3 eggs
milk, whole or skimmed
chopped, boiled or baked ham
chopped mild cheddar cheese

Break three eggs into small bowl. Be sure to break yolks as well. Stir in a small amount of milk and then blend well. Pour scrambled egg batter into skillet that has been lined with a small amount of margarine or butter. Heat selection should be between low and medium. As the mixture begins to solidify around the edges, add ham and cheese in center. Fold omelet over, allowing cheese to melt in. For variety, mushrooms, onions, green peppers, etc. can be added as well. Serve with whole wheat toast, choice of juice, and coffee or tea. Simple and nutritious.

Settlemyre





Dave, better known as "Sudsy", began his career in Greensboro, North Carolina as a stickboy. In 1978 and 1979 he collected championship rings with the Maine Mariners, before coming to Philadelphia as an assistant trainer. Sudsy, now the Flyers' head trainer also dubs in as goalie in some practices.

He usually spends his summers playing golf, and plays on the Flyers' charity softball team. This summer, he plans on traveling to Sweden and spending some time in Maine golfing.

Sudsy's Irish Stew

2 lbs. beef roast
6 medium potatoes
3 medium onions, sliced
1 cup green peas
2 teaspoons salt
¼ teaspoon pepper
2 cups water
snipped parsley

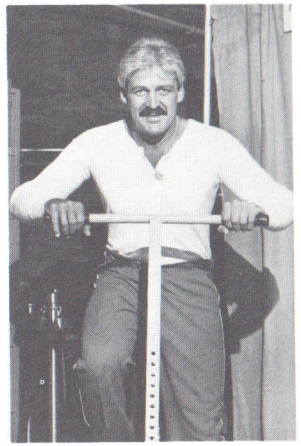
Trim fat from roast; cut into 1 inch cubes. Cut potatoes into ½ inch slices. Layer half each of the roast, potatoes, onions and peas in Dutch oven; sprinkle half each of the salt and pepper. Repeat. Add water.

Heat to boiling; reduce heat. Cover and simmer until roast is tender, 1½-2 hours. Skim fat from broth. Sprinkle with parsley.

Hamburgers

Chop mushrooms in quarters, chop green pepper and soak in Italian dressing for ½ hour. Mix with hamburger and fry.

The Parents'



Bernie's family consists of wife Carol, son Bernie Jr., thirteen, and daughter Kimberly, eleven. Away at New Hampshire College is son Chuck, twenty.

Bernie's interests include hunting, boating, golfing and reading. Since retiring he has studied English and is enjoying spending time with his family. Carol is a native of Cherry Hill. She likes walking, cooking and reading. She has studied photography, and is currently taking a course in Chinese cooking.

Chuck is in his junior year and is majoring in Business. He is an avid skier and plays left wing, Paul Holmgren style, on his intramural hockey team. He's a good racquetball player and likes to bowl. He spends summers working in Wildwood.

Bernie Jr. is in eighth grade. He is goaltender for Gladiators Bantam A hockey team and right wing for his school floor hockey team. He plays baseball in the spring and is taking guitar lessons. Bernie loves snakes and has a pet boa constrictor, Rocky.

Kim is in sixth grade. She plays the flute and is taking piano lessons. She is in her second year of dance, studying jazz. She also sings in her church choir.

The Parents have two dogs, Butch, a 185 pound English Mastiff, and Cricket, a 15 pound Bichon Frise.

Cold Broccoli Salad

2 bunches of broccoli—floret only
8 slices of crisp bacon, crumbled
1 cup raisins
1 cup mayonnaise
2 tbsp. lemon juice
3 tbsp. sugar
1 medium onion

Mix together the broccoli, bacon and raisins. Using a food processor, blend together the remaining ingredients and pour over the broccoli. Cover and chill overnight.

Steak Au Poivre (Bernie's Favorite)

4 tbsp. peppercorns
4 boneless shell or sirloin steaks, each ¾" thick
salt
2 tbsp. butter or margarine
2 tbsp. pure vegetable oil
1 tbsp. minced shallots or green onions
½ cup dry white wine
1 cup heavy cream
1 tbsp. melted butter or margarine
1 tbsp. flour
¼ cup brandy
¼ cup butter or margarine
1 tbsp. chopped parsley

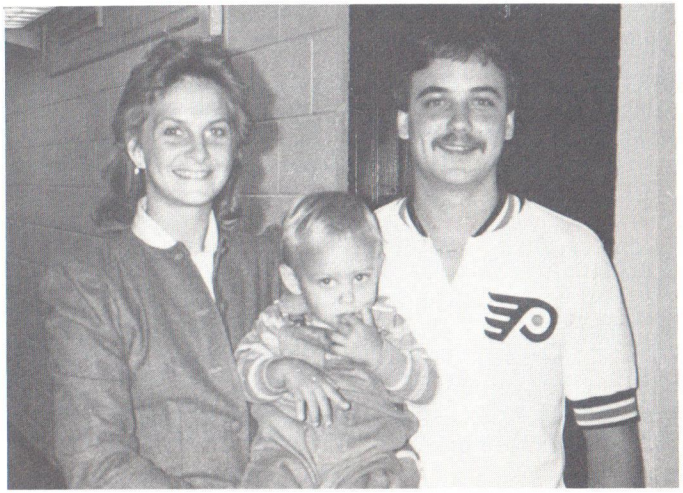
Crush peppercorns coarsely by pressing firmly with bottom of a skillet. Trim excess fat from the steaks. Pat dry. Sprinkle with salt. Press pepper firmly into each side of steaks. Heat 2 tbsp. butter and oil in large skillet over medium heat. Sauté steaks 2 to 3 minutes per side for medium rare. Regulate heat so meat won't scorch. If steaks are too large cook in two batches. Remove to a warm platter. Pour fat from skillet. Add shallots or green onions and wine to skillet. Cook 1 minute. Add cream. Bring to boiling. Blend melted butter or margarine and flour. Stir into sauce until smooth. Add brandy. Season with salt. Remove from heat. Add ¼ cup butter, 1 tbsp. at a time, rotating skillet until butter is melted. Pour around steaks or in sauceboat. Sprinkle steaks with parsley. Makes 4 servings.

Zucchini Casserole

3 zucchini, sliced and steamed 5 minutes
3 onions, slice thinly
1 green pepper
2 cloves garlic, minced
4 tbsp. olive oil
½ tbsp. oregano
½ tsp. sage
½ tsp. curry powder
¼ tsp. pepper
1 tsp. salt
4 oz. grated mozzarella
½ cup parmesan

Sauté onions, pepper, garlic in oil until transparent. Add seasonings. Layer zucchini and top with seasoned onions, peppers, etc., then cheeses, for two layers, ending with cheese. Bake at 350 degrees for 25 minutes.

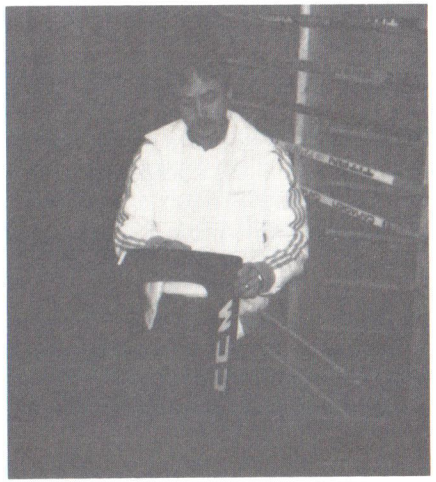
The Mundts'



Kurt and Patty met on Martha's Vineyard Island while working at a summer resort. The Vineyard is Patty's home but Kurt is from Clinton, New York, where he began his training career. They have a son, Ryan, who is one and a half.

Patty is a dental assistant, but at the moment is taking time off to spend with Ryan.

In the off-season, the Mundts return to the Vineyard where they all enjoy biking, water-skiing and fishing. During the season they reside in Voorhees, New Jersey.



New England Clam Chowder

1 pint clams
2 cups water
1 large onion
2 tsp. butter
1" square salt pork
5 medium potatoes
¼ tsp. ground black pepper
3 cups milk
¼ cup flour
paprika

Put clams and juices into a 4 quart pan and add 2 cups water. Cut potatoes into small pieces and add to clams. In small fry pan, sauté onions and salt pork in 1 teaspoon butter (make sure salt port is cut into small pieces). Now, after they have been browned, add to the clam mixture. Thicken with flour to consistency desired. Add milk as needed so broth is white, not gray. Cook until potatoes are tender. Sprinkle in the pepper, add a teaspoon of butter and sprinkle paprika over top. Do not allow to boil.

Scallops in Wine

2 lbs. scallops (shucked)
2 cups dry white wine
¼ cup butter
4 shallots (finely chopped)
24 mushroom caps (sliced)
2 tbsp. flour
3 tbsp. whipping cream
bread crumbs (enough to cover top)

Wash scallops well and simmer until tender, about 5 minutes, in white wine. Drain and put liquid aside. Melt butter and sauté shallots, mushrooms and parsley. Stir in flour until well blended. Add the reserved liquid and whipping cream. Add scallops to hot, but not boiling, sauce. Place in casserole dish and sprinkle with bread crumbs. Put under broiler until golden brown. Serves 6.

Easy Dump Cake

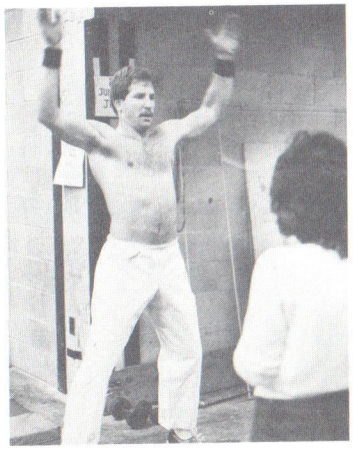
White cake mix
1 can cherry pie filling
1 can strawberry pie filling
2 sticks butter
½ bag coconut
½ bag chopped walnuts

Using 9 x 12 inch cake pan, spread both pie fillings evenly over bottom of the pan then dump cake mix (unprepared) evenly over fillings. Melt 2 sticks of butter and pour over cake mix—do not stir. Then sprinkle walnuts and finally coconuts over top. Bake in 350 degree oven for 45 minutes.

The Croces'

Pat and Diane are both natives of the Philadelphia area. They met in high school and were married after Pat graduated from the University of Pittsburgh as a physical therapist. They have two children, Kelly is four and Michael is two.

Pat is the director of Haverford Community Hospital's Sports Medicine Clinic in Havertown and the president of Sports Physical Therapists, Inc. He has been the Flyers' physical conditioning coach since 1981. Diane is an exercise instructor at a local exercise studio. Pat and Diane plan their free time around their exercise workouts and spend as much time together as a family as is possible.



Scallops over Spaghetti in Red Sauce

Red Sauce:

1 lge. can Italian tomatoes
1 sm. can tomato paste
1 sm. onion, chopped
2 slices bacon, diced
2 tbsp. chopped pepper
2 cloves garlic, minced
1 tbsp. Italian seasonings
1 bay leaf
½ cup red wine
¾ to 1½ lbs. scallops (depending on number of people)

In medium pot, cook bacon until browned. Add onion, garlic and pepper. Sauté until onion is soft. Chop Italian tomatoes (save liquid). Add liquid and tomatoes, tomato paste and 2 cans of water, seasonings, and wine. Bring to a boil, then cover and lower heat to simmer. Simmer for 45 minutes. If it needs more thickening, add more paste or some flour and water mixture. Remove bay leaf. Add scallops and cook until firm (10 to 15 minutes). Serve over hot cooked spaghetti or linguine.

Creme de Menthe Bars

Brownie Layer:

1 cup sugar
½ cup butter
4 beaten eggs
1 cup flour
1–16 oz. can choc. syrup
1 tsp. vanilla
½ tsp. salt

Beat together until just mixed. Pour into greased glass 9 x 13 x 2 inch dish. Bake 350 degrees for 30 minutes. Cool completely before adding Menthe layer.

Creme de Menthe Layer:

2 cups sifted 10-X sugar
½ cup butter
3 tbsp. creme de menthe

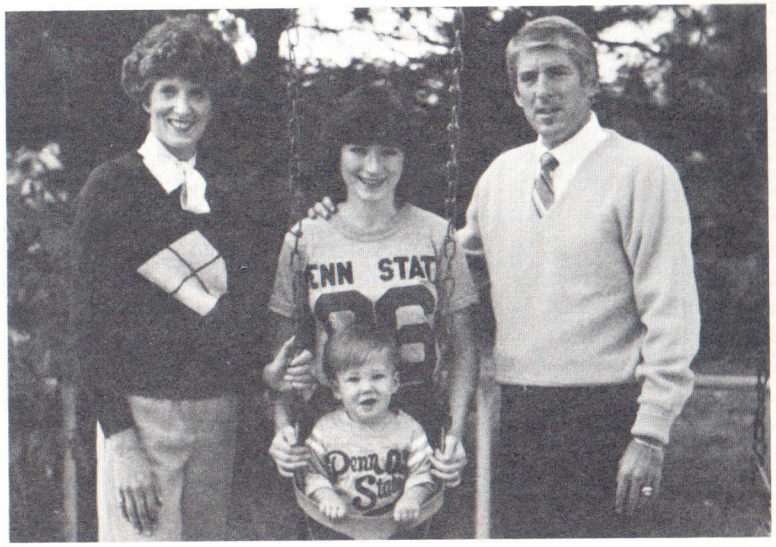
Beat in mixer until fluffy. Spread evenly on cooled brownie layer.

Chocolate Icing:

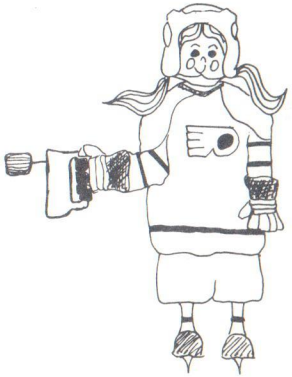
1 cup chocolate chips
6 tbsp. butter

Melt and cool completely. Spread evenly over creme de menthe layer.

The Kadlecs'



A New Year's Eve 1968 date was the beginning of 15 years together for Joe and Joan Kadlec, who met while both were employed at the Spectrum. They were married in July, 1974, a year that had been already highlighted by the first Flyers' Stanley Cup championship. Joe, now Director of Team Services, is entering his 17th year with the team. His love of the game goes back to his days as a stick boy with the Phila. Ramblers. Joan spent 13 years with the 76ers before leaving in June of 1981 when their son Joey was born. In those years they experienced many exciting sports moments together including three championships and victory parades. Kimberley Ann, 19, is a sophomore at Penn State University and serving as president of her class at the Schuylkill Haven campus. Last spring they moved to Cherry Hill, N.J.



Marinated London Broil

1 tbsp. salad oil
2 tsp. parsley, chopped
½ tsp. garlic salt
1 tsp. salt
1 tsp. lemon juice
½ tsp. pepper

Butter Sauce:
(Pour over meat before serving)
¼ cup butter, melted
1 tbsp. lemon juice
½ tsp. salt
1 tbsp. parsley, chopped

Combine all ingredients and brush half of mixture over London Broil; let stand at least 1 hr. or more.

Brush remaining mixture over meat and cook London Broil as you normally would, as long as it is still rare. Always slice at an angle.

Kadlecs' Favorite Barbecue Sauce

½ cup oil
¾ cup onion, minced (finer the better)
¾ cup catsup
¾ cup water
⅓ cup lemon juice
3 tbsp. sugar
3 tbsp. worcestershire sauce
2 tbsp. mustard
2 tsp. salt
½ tsp. black pepper

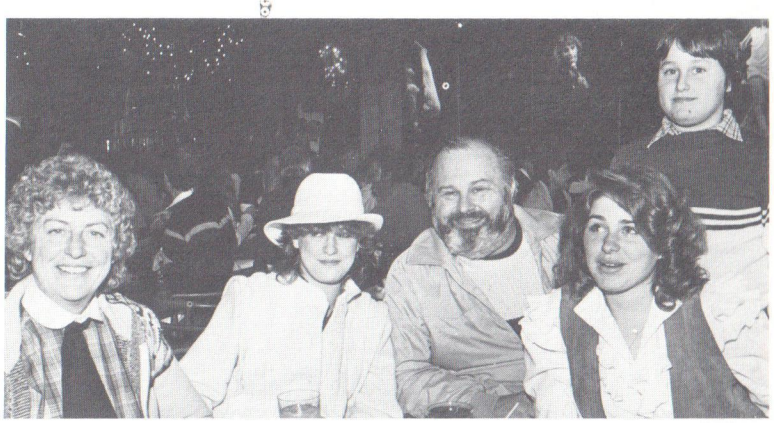
Cook onion until soft in hot oil. Add remaining ingredients. Simmer at least 15 minutes. (Cook as long as you wish—the longer the better).

Mashed Potato Casserole

8 lg. potatoes
1–8 oz. pkg. cream cheese, softened
1 cup sour cream
2 tsp. salt
⅛ tsp. pepper
1 clove garlic, crushed
½ cup chives, chopped
1½ tsp. paprika
1 tbsp. butter or margarine

Cook potatoes in boiling salted water in large kettle about 15 min. or until tender, drain. Mash potatoes in large bowl of electric mixer; add cream cheese, sour cream, salt, pepper and garlic. Beat at high speed until smooth and light. Stir in chives. Spoon into lightly greased 10 cup baking dish; sprinkle with paprika and dot with butter. Bake in moderate oven at 350 degrees for 30 minutes.

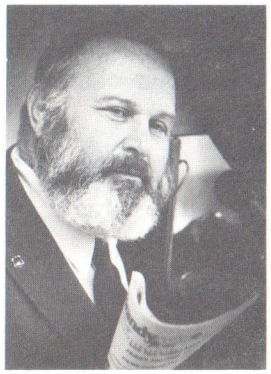
The Harts'



Sara, an Apopka, Florida girl, met Gene while both were performing at Atlantic City's Steel Pier: Sara as a rider of the famous High Diving Horse, and Gene as the show's stage manager and comedy diver. Sara studied at the University of Florida and currently works in the reading and English program at Shawnee High School in Medford, N.J.

Gene and Sara live in Cherry Hill with their three children: Lauren 18, Sharon 15, and Brian 13. Lauren, this year's Junior Miss of Cherry Hill West, studies vocal music and dance. She sang the National Anthem at the Flyers' game on November 6. Sharon, a physical fitness and sports enthusiast, enjoys gymnastics, diving, and skiing. She recently captured a lead in her high school play: "You Can't Take It With You". Both Sharon and Lauren were selected for a touring show which travels to San Francisco this year. Brian plays goal for the Cherry Hill Soccer Club, and especially enjoys road trips with his father. Otherwise, he spends his spare time reading and playing Dungeons and Dragons or other video games.

All the Harts are opera-goers and regularly attend performances at the Metropolitan Opera in New York.



Snicker Doodles

Mix together thoroughly:
1 cup soft shortening
1½ cups sugar
2 eggs

Sift together and stir in:
2¾ cups sifted flour
2 tsp. cream of tartar
1 tsp. baking soda
½ tsp. salt

Roll into balls the size of small walnuts. Roll the balls in a mixture of 2 tbsps. sugar and 1 tsp. cinnamon. Place about 2″ apart on ungreased cookie sheet. Bake 8-10 minutes in a 400° oven.

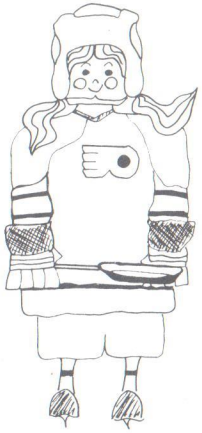
Chicken Cacchitore

¼ cup olive oil
2 cloves garlic
2 lbs. cut up chicken
2 onions
3 green peppers
16 mushrooms, quartered
1 tbsp. salt
pinch red pepper
5 cups tomatoes

Heat oil in deep skillet. Add garlic and sauté until light brown, then discard. Add chicken and sauté quickly. Add onion rings, pepper and mushrooms. Cook approximately 8-10 minutes. Add salt, red pepper, and tomatoes. Bring to a boil. Let boil uncovered 10 minutes. Transfer to oven and bake at 350° for approximately ½ hour. Sprinkle Parmesan cheese on top to taste.

Fruit Salad

1 lb. grapes (any color), halved and seeded
½ lb. tiny marshmallows
2-3 oranges, sectioned
1 can sweetened crushed pineapple (large size can), drained



Toss with dressing below and chill at least two hours before serving.

Dressing:
1 pt. cream
½ cup chilled vinegar
4 tbsp. sugar
2 tbsp. flour
1 tbsp. dry mustard
½ tsp. salt

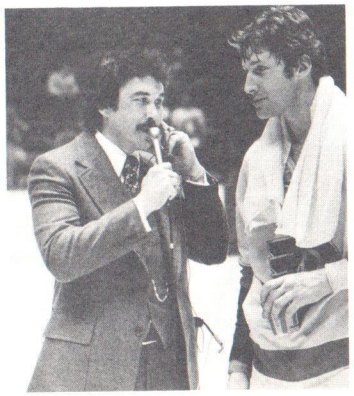
Have cream and vinegar at same temperature, then cook all ingredients on stove until thick.

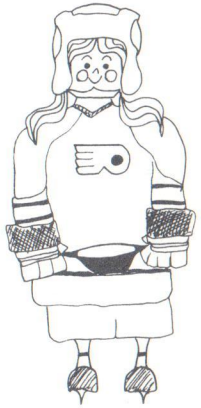
Cool dressing, add to fruit mix. Dressing may be made several days ahead and stored in the refrigerator in a tightly sealed container. Great with turkey or ham!

The Taylors'

Bob and Marilyn reside in Medford, New Jersey with their three children, Erin (a girl) age eight, and twins Casey (boy) and Shana (girl) age five and a half. Bob and Marilyn met in Seattle, Washington when Marilyn was a stewardess with United Airlines. They were married in 1972 in Vancouver, B.C. and have lived here since then. Their children were all born here and are all active in sports and activities in their community.

Bob and Marilyn spend their spare time in activities with their children, whom they enjoy very much, and their other interests include collecting antique or very old books and Indian arts and crafts. This keen interest in Indian art has contributed to their home, into which they have incorporated a southwestern Indian theme.





Thelma's Casserole

1 lb. frozen shrimp
1 can crabmeat
1 cup chopped fine pepper
2 cans of cream of mushroom soup
1 tbsp. worcestershire sauce
1 can of water chestnuts
1 can mushroom buttons

Cook shrimp, following directions on bag. Mix all ingredients together. Bake at 350 degrees for 20-25 minutes. Serves 4.

Hawaiian Baked Beans

1¼ cups drained pineapple
2 tbsp. chopped onion
2 tbsp. brown sugar
1 tbsp. catsup
1 tsp. prepared mustard
2 cans baked beans
1 lb. frankfurters (sliced into one inch pieces).

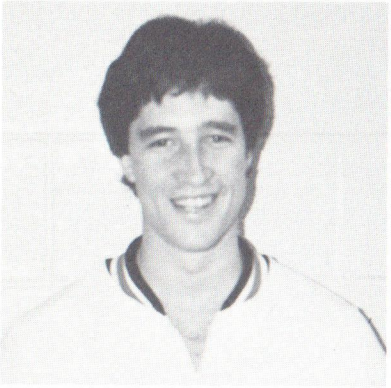
Drain pineapple. Combine pineapple with ingredients in 2 quart casserole. Bake at 350 degrees for one hour. Makes 6-8 servings.

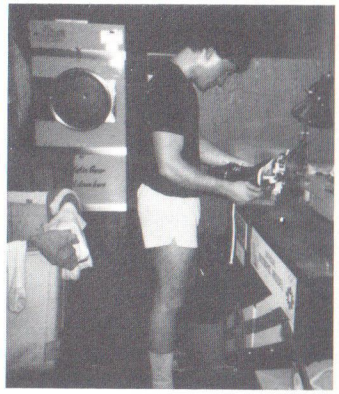
Elephant Stew

1 elephant
salt and pepper
2 rabbits (optional)

Cut elephant in small, bite size pieces. This should take about two months. Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees. This will serve 3,800 people. If more are expected, two rabbits may be added, but do this only if necessary, as most people do not like to find HARE in their stew.

Cady





Equipment Manager Kevin Cady was born and raised in Portland, Maine where he resides in the off season.

Kevin worked with Sudsy Settlemyre as a locker room assistant at the age of fourteen with the Maine Mariners, later graduating to the position of Assistant Trainer with present Flyer Trainer Kurt Mundt. Kevin was once again promoted, this time to the Flyers where he was reunited with both Sudsy and Kurt. The young native from Maine enjoys fishing commercially in the off-season.

Quick Seafood Chowder

¼ cup butter
2 cups Flounder fillets, cut in 1″ pieces
1½ cups dry white wine
1 cup cooked shrimp
1 cup cooked lobster meat
1 small can sliced mushrooms
1½ cups cream of mushroom soup
2 tbsp. chopped can pimiento
1 crushed clove garlic
½ cup dry sherry
season with salt and pepper
French Bread

Melt butter in saucepan, adding flounder and 1½ cups wine. Cover and simmer, about 10 minutes. Add shrimp, lobster, mushrooms, mushroom soup, pimientos and garlic. Simmer about 5 minutes then add the dry sherry. Season to taste. Serve with French Bread. Makes approximately 6 cups.

Leftovers

Salmon with Wild Rice

½ cup wild rice
2 cups chicken broth
2 cups sliced mushrooms
1 cup chopped celery
1 cup chopped onions
½ cup butter
1 tsp. worcestershire sauce
1½ cups Long Grain rice (wild)
1–6 lb. dressed Salmon
1 cup green pepper

Rinse wild rice. In a sauce pan, bring chicken broth and one cup water to a boil, add wild rice, reduce heat, cover and simmer for 20 minutes. Meanwhile, cook mushrooms, celery, onions and green peppers in butter until tender but not brown. Remove from heat, stir in regular rice, worcestershire sauce, salt and pepper. Stir vegetable mixture into wild rice. Cook covered over low heat until rice is tender and liquid is absorbed, about 20 minutes more. Rinse and pat fish dry, place on silver foil covering a cookie sheet. Sprinkle fish cavity with salt and pepper, stuff loosely with rice mixture. Wrap in foil, cook for 40-45 minutes at 450 degrees. Check with fork. To serve, remove skin from salmon. Garnish with fresh lemon and parsley.

Eclair Cake

Cake:

1 (1 lb.) box of graham crackers
2 small packages instant vanilla pudding
3½ cups milk
1 (9 oz.) container refrigerated whipped topping
Eclair Frosting

Butter bottom of a 9 x 13 inch baking pan and line with some of the graham crackers. Mix pudding with milk. Beat at medium speed for 2 minutes. Blend in whipped topping. Pour half of this mixture over crackers. Place a second layer of crackers over pudding and pour remaining pudding mixture over this. Cover with more crackers. Refrigerate for 2 hours, then cover with Eclair Frosting.

Eclair Frosting:

6 tbsp. cocoa
2 tbsp. oil
2 tsp. light corn syrup
2 tsp. vanilla
3 tbsp. softened butter or margarine
1½ cups powdered sugar
3 tbsp. milk

Blend together all ingredients until smooth. Spread over cake. Refrigerate for 24 hours.

Peaches and Cream Supreme

Filling:
⅓ cup sugar
¼ tsp. salt
¼ cup sour cream
3 oz. cream cheese (softened)
1 egg

Topping:
29 oz. can peaches, drained
1 cup sour cream
¼ cup brown sugar

Cake Crust:
1 cup flour
⅔ cup sugar
1 tsp. baking powder
¼ tsp salt
½ cup butter (softened)
1 tbsp. peach syrup
1 tsp. vanilla
2 eggs

Heat oven to 350 degrees. Grease and flour bottom and sides of 10″ deep-dish pie pan. Combine filling ingredients; beat until smooth. Set aside. In large bowl, combine cake-crust ingredients. Beat 3 minutes at medium speed. Spread batter evenly over bottom and sides of pan. Pour filling into unbaked crust. Bake at 350 degrees for 20 to 25 minutes or until crust is golden brown; top with drained peach slices. Combine remaining topping ingredients. Spoon over peaches. Bake 5 minutes longer. Chill at least 2 hours before serving. Store in refrigerator.

Carrot Cake

1 cup oil
2 cups white sugar
1 tsp. cinnamon
¼ tsp. nutmeg
4 eggs
1 tsp. vanilla
2 cups flour
2 tsp. baking powder
1 tsp. salt
1½ tsp. baking soda
1 can crushed pineapple (8 oz.) drained
2 cups grated raw carrots
1 cup nuts, chopped

Icing:
1 pkg. (8 oz.) cream cheese
¼ cup butter or margarine
1 lb. icing sugar
1 tsp. vanilla

For cake: Mix together the oil, sugar, cinnamon, nutmeg, eggs and vanilla. Combine flour, baking powder, salt and baking soda. Add to first mixture. Finally, fold in the pineapple, raw carrots and nuts. Bake in a large 9 x 13″ pan or two layer cake pans. Bake at 350 degrees for 35-50 minutes, depending on the depth of the pan. Check after half an hour. You don't want to dry out the cake. When cool, ice with cream cheese icing.

For icing: Soften the cream cheese and work the butter or margarine in until smooth and well blended. Then add icing sugar and vanilla. Mix until smooth.

Snider Stew

1 sirloin roast, 4 lbs.
2 large onions
1 large bottle ketchup
2 cans tomato soup
1 cup water
10 carrots
12 small potatoes cut in half
1 tbsp. butter or oil
salt, pepper and seasoned spices to taste

Use a deep pot. Cut onions in small pieces. Sauté onions in pot with butter or oil. Season meat according to taste. Brown meat with onions. Add tomato soup, water and ketchup. Cook slowly on low burner for 1 hour then add potatoes and sliced carrots. Continue to cook for 1 more hour or until meat is tender. Remove meat and slice across the grain. Serves 6 people.

Beer Batter Chicken Appetizers

4 split boneless chicken breasts
12 oz. beer
1½ cups flour
1 tbsp. paprika
1 tbsp. salt
½ tsp. baking soda
garlic powder to taste
pepper
1-2 tbsp. sesame seeds (optional)

Put dry ingredients in medium bowl then add beer, stir until blended. Cut up chicken into bite size pieces. Put chicken into batter and stir so all is coated well. Fry in hot oil until golden brown. Serve with toothpicks and sweet and sour sauce for dipping. Can be frozen, then reheated in 350 degree oven for 20-25 minutes.

Notes

Notes

Acknowledgments

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